

Gourmet Tamales Spicy Black Bean Tamales

Nutrition Facts

Serving Size 1 tamale (226g)

Servings Per Container 2

Amount Per Serving

Calories 440 **Calories from Fat** 100

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 1950mg **81%**

Total Carbohydrate 72g **24%**

Dietary Fiber 14g **56%**

Sugars 3g

Protein 15g

Vitamin A 4% • Vitamin C 15%

Calcium 15% • Iron 35%

* Percent Daily Values are based on a 2,000 calorie diet.