

Gourmet Tamales Spinach, Zucchini Tamales

Nutrition Facts

Serving Size 1 tamale (226 g)

Servings Per Container 2

Amount Per Serving

Calories 260 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 990mg **41%**

Total Carbohydrate 38g **13%**

Dietary Fiber 5g **20%**

Sugars 3g

Protein 5g

Vitamin A 50% • Vitamin C 20%

Calcium 10% • Iron 15%

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