Gourmet Tamales Beef Tamales

Nutrition Facts

Serving Size 1 Tamale (226g)
Servings Per Container 3

Amount Per Serving	
Calories 300	Calories from Fat 140
	% Daily Value*
Total Fat 15g	24%
Saturated Fat 2.5g	11%
Trans Fat 0g	
Cholesterol 45mg	14%
Sodium 1280mg	54%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	13%
Sugars 3g	
Protein 18g	

Vitamin A 60% •	Vitamin C 100%
Calcium 6% •	Iron 15%

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