

Gourmet Tamales Chicken with Green Sauce

Nutrition Facts	
Serving Size 1 Tamale (226g)	
Servings Per Container 3	
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Amount Per Serving	
Calories 250	Calories from Fat 100
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% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 35mg	12%
Sodium 1320mg	55%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Sugars <1g	
Protein 18g	
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Vitamin A 10%	• Vitamin C 15%
Calcium 4%	• Iron 8%
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<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	