Gourmet Tamales Corn with Poblano Strips Cheese

Nutrition Facts

Serving Size 1 Tamale (226g)
Servings Per Container 2

Amount Per Serving	
Calories 430	Calories from Fat 200
	% Daily Value*
Total Fat 22g	34%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1040mg	43%
Total Carbohydrate 51g	17%
Dietary Fiber 5g	21%
Sugars 4g	
Protein 6g	

Vitamin A 20%	•	Vitamin C 2%
Calcium 10%	•	Iron 15%

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