Gourmet Tamales Feta and Jalapeno Tamales

Nutrition Facts

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

Amount Per Serving	
Calories 280	Calories from Fat 140
	% Daily Value*
Total Fat 16g	24%
Saturated Fat 4.5g	21%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 1150mg	48%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	14%
Sugars 3g	
Protein 7g	

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

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