

Gourmet Tamales Spicy Mushroom Garlic Tamales

Nutrition Facts		
Serving Size 1 Tamale (226g)		
Servings Per Container 2		
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Amount Per Serving		
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Calories	270	Calories from Fat 140
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		% Daily Value*
Total Fat	16g	24%
Saturated Fat	1.5g	7%
<i>Trans Fat</i>	0g	
Cholesterol	0mg	0%
Sodium	900mg	37%
Total Carbohydrate	26g	9%
Dietary Fiber	3g	12%
Sugars	3g	
Protein	5g	
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Vitamin A 6%	•	Vitamin C 10%
Calcium 6%	•	Iron 10%
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<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>		