Gourmet Tamales Spinach Feta Tomatillo

Nutrition Facts

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

Amount Per Serving	
Calories 240	Calories from Fat 120
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	4%
Sodium 980mg	41%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	14%
Sugars 2g	
Protein 6g	

Vitamin A 40% •	Vitamin C 25%
Calcium 15% •	Iron 15%

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