Gourmet Tamales Tinga Tamales

Nutrition Facts

Serving Size 1 Tamale (226g)
Servings Per Container 3

Amount Per Serving

Calories 270	Calories from Fat 120

	% Daily Value*
Total Fat 13g	19%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	11%
Sodium 1100mg	46%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	14%
Sugars 13g	
Protein 16g	

Vitamin A 50%	•	Vitamin C 90%
Calcium 6%	•	Iron 10%

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