

Gourmet Tamales White Corn and Scallions

Nutrition Facts

Serving Size 1 Tamale (226g)

Servings Per Container 2

Amount Per Serving

Calories 210 **Calories from Fat** 90

% Daily Value*

Total Fat 10g 16%

Saturated Fat 0.5g 4%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 670mg 28%

Total Carbohydrate 26g 9%

Dietary Fiber 3g 11%

Sugars 5g

Protein 4g

Vitamin A 15% • Vitamin C 10%

Calcium 6% • Iron 8%

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