

NUTRITIONAL FACTS

TONY'S TAMALES

Beef Tamales: 6 Pack

Nutrition Facts	Amount/serving	% DV**	Amount/serving	% DV**	INGREDIENTS: Enriched Corn Meal (Yellow Corn Meal, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid), Beef, Water, Vegetable Oil, Chili Powder, Salt, Onion Powder, Garlic Powder, Cumin, Paprika, Cayenne Pepper.
	Serv. Size 2 Tamales Servings Per Container 6 Calories 200	Total Fat 6.5g	10%	Total Carb. 6.5g	
** Percent Daily Values (DV) are based on a 2,000 calorie diet.	Sat. Fat 1.5g	8%	Fiber 1g	3%	
	Trans Fat 0g		Sugars 0g		
	Cholest. 14mg	5%	Protein 4g		
	Sodium 230mg	10%			
	Vitamin A 20% • Vitamin C 0% • Calcium 33% • Iron 1%				
	*Contains less than 2% of the Daily Value of these nutrients.				
HEATING DIRECTIONS:					
PREFERRED METHOD: FROM FROZEN - BOIL UNOPENED BAG OF TAMALES FOR 10-15 MINUTES, OR UNTIL THOROUGHLY HEATED.					
MICROWAVE METHOD FROM FROZEN - HEAT UNOPENED BAG OF TAMALES ON HIGH FOR 1 MINUTE AND 45 SECONDS, FLIP OVER, THEN HEAT FOR 1 TO 2 MINUTES UNTIL THOROUGHLY HEATED.					
FROM THAWED: MICROWAVE ON HIGH FOR 2 MINUTES, OR UNTIL THOROUGHLY HEATED.					
AFTER HEATING, REMOVE HUSK BEFORE EATING					

Turkey Tamales: 6 Pack

Nutrition Facts	Amount/serving	% DV**	Amount/serving	% DV**	INGREDIENTS: Enriched Corn Meal (Yellow Corn Meal, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid), Turkey, Water, Vegetable Oil, Chili Powder, Salt, Onion Powder, Garlic Powder, Cumin, Paprika, Cayenne Pepper.
	Serv. Size 2 Tamales Servings Per Container 3 Calories 200	Total Fat 6.5g	10%	Total Carb. 6.5g	
** Percent Daily Values (DV) are based on a 2,000 calorie diet.	Sat. Fat 1.5g	8%	Fiber 1g	3%	
	Trans Fat 0g		Sugars 0g		
	Cholest. 14mg	5%	Protein 4g		
	Sodium 230mg	10%			
	Vitamin A 20% • Vitamin C 0% • Calcium 33% • Iron 1%				
	*Contains less than 2% of the Daily Value of these nutrients.				
HEATING DIRECTIONS:					
PREFERRED METHOD: FROM FROZEN - BOIL UNOPENED BAG OF TAMALES FOR 10-15 MINUTES, OR UNTIL THOROUGHLY HEATED.					
MICROWAVE METHOD FROM FROZEN - HEAT UNOPENED BAG OF TAMALES ON HIGH FOR 1 MINUTE AND 45 SECONDS, FLIP OVER, THEN HEAT FOR 1 TO 2 MINUTES UNTIL THOROUGHLY HEATED.					
FROM THAWED: MICROWAVE ON HIGH FOR 2 MINUTES, OR UNTIL THOROUGHLY HEATED.					
AFTER HEATING, REMOVE HUSK BEFORE EATING					