Nutrition Facts

Serving Size 1 tamale (181g)
Servings Per Container 12

Amount Per Serving

Calories 520	Calories from Fat 330
	% Daily Value*
Total Fat 37g	**57%**
Saturated Fat 19g	**95%**
Trans Fat 0g	
Cholesterol 75mg	**25%**
Sodium 970mg	**40%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 0g	**0%**
Sugars <1g	
Protein 17g	

Vitamin A 15%	•	Vitamin C 8%	
Calcium 45%	•	Iron 15%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g