PORK TAMALE B Lucy's Tamale Factory, Inc.

# Nutrition Facts

Serving Size 1 tamale (156g)
Servings Per Container 12

**Amount Per Serving**

| | |
|---|---|
| **Calories** 370 | Calories from Fat 200 |
| | **% Daily Value*** |
| **Total Fat** 22g | **34%** |
| Saturated Fat 8g | **40%** |
| *Trans* Fat 0g | |
| **Cholesterol** 40mg | **13%** |
| **Sodium** 1100mg | **46%** |
| **Total Carbohydrate** 32g | **11%** |
| Dietary Fiber 1g | **4%** |
| Sugars 0g | |
| **Protein** 11g | |

| | | | |
|---|---|---|---|
| Vitamin A 30% | • | Vitamin C 4% |
| Calcium 10% | • | Iron 20% |

* 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 |