



INDIVIDUALLY WRAPPED CHICKEN IN GREEN SAUCE TAMALE

Tamales are a traditional family staple. Individually wrapped, our Chicken Tamales in Green Sauce are handmade with soft masa, chicken leg meat and fire roasted poblano peppers to create that perfectly rich green sauce. This new individual heat-and-eat tamale, is the perfect way to enjoy authentic tamales on-the-go.

INGREDIENTS

MASA :[Whole Cooked Corn (Corn treated with lime water), Lard, Rice flour, Salt.]

FILLING: [Chicken Leg meat, Tomatillo, Fire Roasted Poblano peppers, Water, Ground White Corn Masa Flour (Trace of Lime), Salt, Garlic powder.

NUTRITION FACTS

Serving Size: 1 Tamale 4oz (113g)

Amount per Serving

CALORIES 220

% Daily Value*

Total Fat 14g	18%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 400mg	17%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1mg	6%
Potassium 161mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

NO
PRESERVATIVES

0g
TRANS FAT
PER SERVING

1
TAMALE

MICROWAVE

1. Leaving tamale in film, place tamale in microwave safe plate.
2. Microwave for 1 minute to 1:15 seconds until hot or a minimum of 165F.
3. Remove tamale from wrapper and cornhusk and enjoy.

Note: Microwave ovens vary in rates of heating. Times given are approximate.

OVEN (CONVENTIONAL/CONVECTIONAL)

1. Pre-heat oven to 350F. Place Tamale(s) on a sheet pan (up to 28 tamales).
2. Place in oven and reheat for 25-35 minutes or until internal temperature reaches 165F.
3. Remove tamale(s) from wrapper and corn husk and enjoy.