



## INDIVIDUALLY WRAPPED PORK TAMALES IN RED SAUCE

Pork Tamales are a traditional family staple. Individually wrapped, our tamales are handmade with soft masa, perfectly seasoned pork, and rich red sauce. This new individual heat-and-eat tamale, is the perfect way to enjoy authentic tamales on-the-go.

**GLUTEN FREE**

**NO PRESERVATIVES**

**1 TAMALES**

## INGREDIENTS

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

**FILLING:** [Pork, Chile Sauce (Water, Red chili peppers), Water, Contains 2% or less of the following: Jalapeno peppers (Jalapeno peppers, Water, Vinegar, Salt), Corn (Corn treated with lime water), Salt, Seasoning (Chili Pepper, Red Pepper, Garlic powder, Salt, Spices)].

## NUTRITION FACTS

Serving Size: 1 Tamale 4 oz (113g)

Amount per Serving

**CALORIES 200**  
% Daily Value\*

Total Fat 10g	13%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 420mg	18%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 1mg	6%
Potassium 151mg	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

## COOKING INSTRUCTIONS

### 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.