



TAMALES- BEEF IN RED SAUCE

Following a traditional family recipe, our Beef in Red Sauce Tamales are prepared with the most authentic ingredients. Wrapped in cornhusks to preserve the delicious flavor and texture of our soft and moist masa. The filling is made with beef and richly seasoned in an authentic red sauce. This convenient, ready-in-minutes dish can be served as an entrée or as a side dish.

0g
TRANS FAT
PER SERVING

**GLUTEN
FREE**

INGREDIENTS

MASA :[Whole Cooked Corn (Corn treated with lime water), Lard, Rice flour, Salt]. **FILLING**: [Beef, Chile Sauce (Water, Red chile peppers), Water, Contains 2% or less of the following: Jalapeño peppers (Jalapeño peppers, Water, Vinegar, and Salt),Corn (Corn treated with lime water), Salt, Seasoning (Chili Pepper, Red Pepper, Garlic powder, Salt, Spices)].

NUTRITION FACTS

Serving Size: 1 Tamale 4oz (113g)

Amount per Serving

CALORIES 200

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 420mg	18%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 1mg	6%
Potassium 61mg	2%

*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. Wrap each tamale in a damp paper towel and place in a microwave safe plate.
2. Microwave for 1 minute to 1:15 seconds until hot. If tamale is frozen, microwave 1 additional minute. Remove from microwave and let stand 1 minute.
3. Remove tamale from cornhusk and enjoy.

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

STOVETOP

1. Place tamale in steamer basket over boiling water. Steam 8-10 minutes. If tamale is frozen, steam for an additional 2 minutes.
2. Remove from steam basket and let stand 1-2 minutes.
3. Remove tamale from corn husk and enjoy.