



TAMALES- CHEESE & GREEN CHILE

Our Cheese & Green Chile Tamales are traditionally made by hand, like it's been done for generations. Soft and moist masa, Monterey Jack cheese, fire roasted green chilies are then wrapped in cornhusks to preserve the delicious flavor and texture of our masa. And while making tamales by hand can be a long process, all you have to do to enjoy a taste of authentic Mexico is open the package, heat and eat. Serve our Cheese & Green Chile Tamales as an entrée or as a side dish or appetizer.

INGREDIENTS

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

FILLING: Cheese (Cultured Milk, Water, Cream, Skim Milk, Sodium Phosphates, Salt, Enzymes), Green Chilies (green chilies, citric acid).

NUTRITION FACTS

Serving Size: 1 Tamale 4 oz (113g)

Amount per Serving

CALORIES **260**

% Daily Value*

Total Fat 18g	23%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30g	10%
Sodium 200mg	9%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 279mg	20%
Iron 1mg	6%
Potassium 117mg	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. % Daily Value

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

0g
TRANS FAT
PER SERVING

VEGETARIAN

**GLUTEN
FREE**

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.