



TAMALES- CHICKEN IN RED SAUCE

Following a traditional family recipe, our Chicken 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 chicken leg meat 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.

INGREDIENTS

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

NUTRITION FACTS

Serving Size: 1 Tamale 4oz (113g)

Amount per Serving

CALORIES **210**
 % Daily Value*

Total Fat 11g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 460mg	20%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1mg	6%
Potassium 129mg	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

0g
 TRANS FAT
 PER SERVING

**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.