



TAMALES- PORK IN RED SAUCE

Mexico, pork tamales are a tradition that usually involves the whole family. Soft masa, perfectly seasoned pork, and rich red sauce are all made by hand using recipes passed down through generations, then assembled and wrapped in cornhusks before being steamed. 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 Pork Tamales as an entrée or as a side dish or appetizer.

**GLUTEN
FREE**

**0g
TRANS FAT
PER SERVING**

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, and 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	
Polyunsaturated Fat 2g	
Monounsaturated Fat 4g	
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 150mg	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. 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.