



TAMALES- PORK IN RED SAUCE

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 sustainable wraps 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 tamales is open the package, heat, and eat. Serve our Pork Tamales as an entrée or as a side dish or appetizer.

9g
OF PROTEIN
PER SERVING

**GLUTEN
FREE**

**NO
PRESERVATIVES**

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 limewater), Salt, Seasoning (Paprika, Chili Pepper, Red Pepper, Garlic, Salt, Spices)].

NUTRITION FACTS

Servings per Container: 6 Tamales
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. 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 sustainable wrap 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 sustainable wrap and enjoy.