



# TAMALES- CHICKEN IN GREEN SAUCE

Following a traditional family recipe, our Chicken in Green Sauce Tamales are prepared with the most authentic ingredients. Wrapped in a sustainable wrap 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 green 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, Tomatillo, Fire Roasted Poblano peppers, Water, Ground White Corn Masa Flour (Trace of Lime), Salt, Garlic powder.

## NUTRITION FACTS

About 6 servings per container

Serving Size: 1 Tamale 4oz (113g)

Amount per Serving

**CALORIES** **220**

% Daily Value\*

Total Fat 14g	18%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 400mg	17%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1mg	6%
Potassium 161mg	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

**10g**  
OF PROTEIN  
PER SERVING

**GLUTEN  
FREE**

**0g**  
TRANS FAT  
PER SERVING

## 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.