



## TAMALES- BEEF IN RED SAUCE

Following a traditional family recipe, our Beef in Red Sauce Tamales are prepared with the most authentic ingredients. Hand wrapped in a sustainable wrap to preserve the delicious flavor and texture of our soft and moist masa. The filling is made with beef 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.

**8g**  
OF PROTEIN  
PER SERVING

**GLUTEN  
FREE**

**0g**  
TRANS FAT  
PER SERVING

## INGREDIENTS

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

## NUTRITION FACTS

About 6 servings per container

Serving Size: 1 Tamale 4oz (113g)

Amount per Serving

**CALORIES** **200**

% Daily Value\*

Total Fat 12g	15%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 420mg	18%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 1mg	6%
Potassium 61mg	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

## 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 or until a minimum internal temperature of 165°F. If tamale is frozen, microwave 1 additional minute or until a minimum internal temperature of 165°F. 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 or until a minimum internal temperature of 165°F. If tamale is frozen, steam for an additional 2 minutes or until a minimum internal temperature of 165°F.
2. Remove from steam basket and let stand 1-2 minutes.
3. Remove tamale from sustainable wrap and enjoy.