



## INGREDIENTS

**Masa:** : [Whole Cooked Corn (Corn treated with lime water), Canola Oil, Rice flour, Chicken Bouillon (Salt, Sugar, Corn Starch, Chicken Fat, Dried Chicken Powder, Beef Fat, Water, Onion Powder, Natural Chicken Flavor, Garlic Powder, Natural Flavor, Caramel Color), Salt].

**Filling:** [Chicken in Red Sauce (Chicken Leg Meat, Tomato, Tomato Sauce (Tomato Concentrate, Salt, Citric Acid, Red Bell Pepper Powder, Natural Flavoring, Spice), Water, Onion, Seasoning (Maltodextrin, Onion Extract, Sauteed Onion, Sugar, Salt, Yeast Extract (yeast extract and salt), Corn Oil, Carrot Extract, Celery Extract, Spices, Garlic Powder, and Red Wine), Modified Corn Starch, Canola Oil, Salt, Jalapeno Peppers (Jalapeno Peppers, Water, Vinegar, Salt), Garlic Powder, Spices), Mozzarella cheese (pasteurized part skim milk, cheese culture, salt, enzyme), Monterey Jack cheese (pasteurized milk, cheese culture, salt, enzymes), Cheddar Cheese (Pasteurized milk, Cheese cultures, Salt, Enzymes, and Annatto).

**Allergen Statement:** Contains Milk

## NUTRITION FACTS

12 servings per container

Serving Size: 1 Tamale (142g/5oz)

Amount per Serving

**CALORIES 320**

% Daily Value\*

|                          |     |
|--------------------------|-----|
| Total Fat 21g            | 27% |
| Saturated Fat 3.5g       | 18% |
| Trans Fat 0g             |     |
| Cholesterol 35mg         | 12% |
| Sodium 760mg             | 33% |
| Total Carbohydrate 23g   | 8%  |
| Dietary Fiber 2g         | 7%  |
| Total Sugars 1g          |     |
| Includes 0g Added Sugars | 0%  |
| Protein 10g              |     |
| Vitamin D 0mcg           | 0%  |
| Calcium 94mg             | 8%  |
| Iron 1mg                 | 6%  |
| Potassium 246mg          | 6%  |

\*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

## CHICKEN & 3 CHEESE TAMALES

Our Chicken and 3 Cheese Tamales are filled with savory chicken and cheesy Mozzarella, Monterey Jack, and Cheddar, then wrapped in stone ground masa for a perfect bite. This convenient, ready-in-minutes dish is perfect for the whole family and can be served as an entrée or as a side dish. Simply heat and eat.

**10g**  
OF PROTEIN  
PER SERVING

**GLUTEN  
FREE**

**NO  
PRESERVATIVES**

## COOKING INSTRUCTIONS

### MICROWAVE

1. Wrap each tamale in a damp paper towel and place in a microwave safe plate.
2. Microwave for 60- 75 seconds or until a minimum of 165°F. If tamale is frozen, microwave an additional 60 seconds or until a minimum 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.

### STEAM METHOD

1. Place tamale in a steamer basket over boiling water. Steam 8-10 minutes or until a minimum of 165°F. If tamale is frozen, steam for an additional 2 minutes or until a minimum of 165°F.
2. Remove from steam basket and let stand 1-2 minutes.
3. Remove tamale from sustainable wrap and enjoy!