



FOOD SERVICE

PRODUCT CATALOG

UNWRAP HAPPINESS

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CONTACT INFO ON BACK COVER





OUR STORY

Growing up in a loving, loud and large Mexican American family, making tamales was a treasured part of our family tradition. Our recipes have been handed down through the generations. We love that we can still honor this heritage while exploring new flavors perfect for any meal. Our mission is to bring this great tasting celebration food to your table using premium, traditional and natural ingredients.

Sherry and Todd Martin
Co-Founders

Founded and handmade in
Tucson, Arizona



**WOMEN
OWNED**



QUALITY PROMISE

Sherry's mother, Mama Celia, set the standard for how our tamales are made still to this day. Our process makes all the difference, ensuring the best-tasting, highest quality tamale.

- Real people roll each tamale by hand in a traditional corn husk (hoja).
- All of our corn is organic and non-GMO. Our corn has been nixtamalized, an ancient process that makes the corn fully digestible and allows all the nutrients to be bio-available to you.
- We only use antibiotic-free meat proteins.
- All our tamales are Gluten-Free. We also offer Vegetarian, Vegan and Dairy-Free options.
- We use Fire Roasted Hatch Green Chiles. The Hatch Valley in New Mexico provides a soil and climate that harvests the best tasting green chiles. Fire roasting them adds a smoke-kissed flavor that is divine.
- We meticulously choose and use premium ingredients, crafting each tamale with utmost care and attention to detail. Our commitment to excellence ensures that only the finest flavors are featured in our delightful creations.



TAMALES

Tamales are fully cooked and can conveniently be reheated by steaming or microwaving

 **HAND-CRAFTED**  **GLUTEN-FREE**



WRAPPED IN A TRADITIONAL CORN HUSK

MADE WITH ORGANIC NON-GMO CORN

MEAT, VEGAN, OR VEGETARIAN OPTIONS

CONVENIENT MICROWAVABLE PACKAGING

WE ONLY USE ANTIBIOTIC-FREE MEAT PROTEINS



BLUE CORN & VEGGIE

VEGETARIAN VEGAN DAIRY FREE

FILLING (GREEN ZUCCHINI, VINE-RIPENED TOMATOES (SALT, CITRIC ACID, CALCIUM CHLORIDE), SWEET KERNEL CORN*, FIRE ROASTED HATCH GREEN CHILE (GREEN CHILE, LIME JUICE), ONIONS, XANTHAN GUM, SEA SALT, SPICE), MASA (WATER, GROUND BLUE CORN FLOUR* (CORN*, LIME), CANOLA OIL, SEA SALT, BAKING POWDER (MONOCALCIUM PHOSPHATE, SODIUM BICARBONATE, CORNSTARCH), VEGETABLE BASE* (VEGETABLES** (CARROT*, ONION*, TOMATO*, POTATO*, GARLIC*)), SEA SALT, SPICES*, TURMERIC*, RICE CONCENTRATE**)). *ORGANIC

Food Service | 30 IQF/case. | 5 OZ (142g)

DOT # 766658

Nutrition Facts

30 servings per container
Serving size
1 Tamale (156g)
Calories
per serving 200

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 10g	13%	Total Carbohydrate 25g	9%
Saturated Fat 0.5g	3%	Dietary Fiber 3g	11%
Trans Fat 0g		Total Sugars 3g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 530mg	23%	Protein 2g	

Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 0.6mg 4% • Potassium 170mg 4%

*The % Daily Value (DV) 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.



30853437002649



GREEN CHILE & CHEESE

MASA (WATER, GROUND CORN FLOUR* (CORN*, LIME), SWEET KERNEL CORN*, CANOLA OIL, SEA SALT, BAKING POWDER (MONOCALCIUM PHOSPHATE, SODIUM BICARBONATE, CORNSTARCH), VEGETABLE BASE* (VEGETABLES** (CARROT*, ONION*, TOMATO*, POTATO*, GARLIC*)), SEA SALT, SPICES*, TURMERIC*, RICE CONCENTRATE**)), FILLING (FIRE ROASTED HATCH GREEN CHILE (GREEN CHILE, LIME JUICE), CHEDDAR AND JACK CHEESE (MILK, CULTURES, SALT, ENZYMES, ANNATTO (COLOR)), METHYLCELLULOSE). *ORGANIC CONTAINS: MILK

Food Service | 30 IQF/case. | 5 OZ (142g)

DOT # 766657

Nutrition Facts

30 servings per container
Serving size
1 Tamale (142g)
Calories
per serving 270

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 17g	22%	Total Carbohydrate 23g	8%
Saturated Fat 4.5g	23%	Dietary Fiber 4g	14%
Trans Fat 0g		Total Sugars 2g	
Cholesterol 25mg	8%	Includes 0g Added Sugars	0%
Sodium 430mg	19%	Protein 8g	

Vitamin D 0.6mcg 4% • Calcium 40mg 2% • Iron 0.4mg 2% • Potassium 150mg 4%

*The % Daily Value (DV) 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.



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GREEN CHILE CHICKEN

DAIRY-FREE

MASA (WATER, GROUND CORN FLOUR* (CORN*, LIME), CANOLA OIL, SEA SALT, BAKING POWDER (MONOCALCIUM PHOSPHATE, SODIUM BICARBONATE, CORNSTARCH), VEGETABLE BASE* (VEGETABLES** (CARROT*, ONION*, TOMATO*, POTATO*, GARLIC*)), SEA SALT, SPICES*, TURMERIC*, RICE CONCENTRATE**)), FILLING (CHICKEN MEAT, FIRE ROASTED HATCH GREEN CHILE (GREEN CHILE, LIME JUICE), TOMATO (VINE-RIPENED TOMATOES, SALT, CITRIC ACID, CALCIUM CHLORIDE), ONIONS, SEA SALT, SPICE). *ORGANIC

Food Service | 30 IQF/case. | 5 OZ (142g)

DOT # 766680

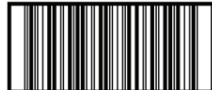
Nutrition Facts

30 servings per container
Serving size
1 Tamale (142g)
Calories
per serving 260

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 15g	19%	Total Carbohydrate 22g	8%
Saturated Fat 1.5g	8%	Dietary Fiber 3g	11%
Trans Fat 0g		Total Sugars 2g	
Cholesterol 20mg	7%	Includes 0g Added Sugars	0%
Sodium 570mg	25%	Protein 12g	

Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 0.9mg 4% • Potassium 100mg 2%

*The % Daily Value (DV) 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.



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GREEN CHILE PORK & CHEESE

MASA (WATER, GROUND CORN FLOUR* (CORN, LIME), CANOLA OIL, SEA SALT, BAKING POWDER (MONOCALCIUM PHOSPHATE, SODIUM BICARBONATE, CORNSTARCH), VEGETABLE BASE* (VEGETABLES* (CARROT* ONION*, TOMATO*, POTATO*, GARLIC*), SEA SALT, SPICES*, TURMERIC*, RICE CONCENTRATE*)), FILLING (PORK MEAT, CHEDDAR AND JACK CHEESE (MILK, CULTURES, SALT, ENZYMES, ANNATTO (COLOR, TOMATO (VINE-RIPENED TOMATOES, SALT, CITRIC ACID, CALCIUM CHLORIDE)), FIRE ROASTED HATCH GREEN CHILE (GREEN CHILE, LIME JUICE), ONIONS, SEA SALT, SPICE), *ORGANIC CONTAINS: MILK

Food Service | 30 IQF/case. | 5 OZ (142G)

DOT # 766653

Nutrition Facts

Serving size
1 Tamale (142g)
Calories
per serving **310**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 19g	24%	Total Carbohydrate 22g	8%
Saturated Fat 4.5g	23%	Dietary Fiber 2g	7%
Trans Fat 0g		Total Sugars 1g	
Cholesterol 35mg	12%	Includes 0g Added Sugars	0%
Sodium 590mg	26%	Protein 12g	

Vitamin D 0.3mcg 2% • Calcium 40mg 4% • Iron 0.9mg 6% • Potassium 60mg 2%

*The % Daily Value (DV) 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.



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RED CHILE BEEF

MASA (WATER, GROUND CORN FLOUR* (CORN*, LIME), CANOLA OIL, RED CHILE, SEA SALT, BAKING POWDER (MONOCALCIUM PHOSPHATE, SODIUM BICARBONATE, CORNSTARCH), VEGETABLE BASE* (VEGETABLES* (CARROT*, ONION*, TOMATO*, POTATO*, GARLIC*), SEA SALT, SPICES*, TURMERIC*, RICE CONCENTRATE*)), FILLING (BEEF, RED CHILE, ONION, SEA SALT, GARLIC, OLIVE (OLIVE, WATER, SALT, LACTIC ACID)). *ORGANIC

Food Service | 30 IQF/case. | 5 OZ (142G)

DOT # 766654

Nutrition Facts

Serving size
1 Tamale (142g)
Calories
per serving **280**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 15g	19%	Total Carbohydrate 26g	9%
Saturated Fat 1.5g	8%	Dietary Fiber 5g	18%
Trans Fat 0g		Total Sugars 2g	
Cholesterol 25mg	8%	Includes 0g Added Sugars	0%
Sodium 740mg	32%	Protein 13g	

Vitamin D 0mcg 0% • Calcium 40mg 4% • Iron 2.6mg 15% • Potassium 170mg 4%

*The % Daily Value (DV) 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.



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RED CHILE PORK

DAIRY-FREE

MASA (WATER, GROUND CORN FLOUR* (CORN*, LIME), CANOLA OIL, RED CHILE, SEA SALT, BAKING POWDER (MONOCALCIUM PHOSPHATE, SODIUM BICARBONATE, CORNSTARCH), VEGETABLE BASE* (VEGETABLES* (CARROT*, ONION*, TOMATO*, POTATO*, GARLIC*), SEA SALT, SPICES*, TURMERIC*, RICE CONCENTRATE*)), FILLING (PORK MEAT, RED CHILE, SEA SALT, ONIONS, GRANULATED GARLIC). *ORGANIC

Food Service | 30 IQF/case. | 5 OZ (142G)

DOT # 766655

Nutrition Facts

Serving size
1 Tamale (142g)
Calories
per serving **320**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 19g	24%	Total Carbohydrate 26g	9%
Saturated Fat 3.5g	18%	Dietary Fiber 5g	18%
Trans Fat 0g		Total Sugars 2g	
Cholesterol 30mg	10%	Includes 0g Added Sugars	0%
Sodium 840mg	37%	Protein 13g	

Vitamin D 0mcg 0% • Calcium 50mg 4% • Iron 2mg 10% • Potassium 10mg 0%

*The % Daily Value (DV) 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.



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SNACKS & APPETIZERS

PERFECT FOR ALL SNACKING OCCASIONS

Tamale Bites are mini 0.5-1oz ounce unwrapped tamales, perfect snacking for one or appetizer for many.

Tamale Bites are easy to prepare! Cook them using an air fryer, conventional oven or deep fryer.



CHIPOTLE CHICKEN & CHEESE TAMALES BITES

Chicken cooked with chipotle and tossed with a 4 cheese blend. Wrapped in smokey chipotle masa.

MASA (WATER, GROUND CORN FLOUR (CORN, LIME), CANOLA OIL, XANTHAN GUM, VEGETABLE BASE* (VEGETABLES* (CARROT*, ONION*, TOMATO*, POTATO*, GARLIC*), SEA SALT, SPICES*, TURMERIC*, RICE CONCENTRATE*), SEA SALT, RED CHILE, CHIPOTLE CHILE, PAPRIKA), FILLING (CHICKEN (CHICKEN MEAT, WATER, CONTAINS 2% OR LESS SALT, SODIUM PHOSPHATE, SUGAR, MODIFIED FOOD STARCH, DEXTROSE, VINEGAR), LOW MOISTURE PART SKIM MOZZARELLA CHEESE (PASTEURIZED MILK, SKIM MILK, SALT, CHEESE CULTURES, ENZYMES), PASTEURIZED MILK, CHEESE CULTURES, SALT AND ENZYMES, PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS (GUAR GUM AND CAROB BEAN GUM), CHIPOTLE CHILE, XANTHAN GUM, SEA SALT, ONION POWDER, PAPRIKA, GARLIC POWDER). *ORGANIC | CONTAINS: MILK

150 ct | 147 oz

DOT # 766679

Nutrition Facts

50 servings per container
Serving size 3 (85g)
Calories per serving **190**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 9g	12%	Total Carbohydrate 20g	7%
Saturated Fat 2g	10%	Dietary Fiber 4g	14%
Trans Fat 0g		Total Sugars <1g	
Cholesterol 15mg	5%	Includes 0g Added Sugars	0%
Sodium 730mg	32%	Protein 6g	

Vitamin D 0mg 0% • Calcium 70mg 6% • Iron 0.5mg 2% • Potassium 20mg 0%

*The % Daily Value (DV) 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.



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MEXICAN STYLE CHEESE TAMALES BITES

VEGETARIAN

4 Cheese blend wrapped in sweet corn masa.

MASA (GROUND CORN FLOUR (CORN, LIME), SWEET KERNEL CORN*, WATER, CANOLA OIL, XANTHAN GUM, VEGETABLE BASE* (VEGETABLES* (CARROT*, ONION*, TOMATO*, POTATO*, GARLIC*), SEA SALT, SPICES*, TURMERIC*, RICE CONCENTRATE*), SUGAR, SEA SALT), FILLING (PASTEURIZED MILK, CHEESE CULTURES, SALT AND ENZYMES, LOW MOISTURE PART SKIM MOZZARELLA CHEESE (PASTEURIZED MILK, SKIM MILK, SALT, CHEESE CULTURES, ENZYMES), CRUSHED GREEN TOMATILLOS, PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS (GUAR GUM AND CAROB BEAN GUM), XANTHAN GUM). *ORGANIC | CONTAINS: MILK

150 ct | 147 oz

DOT # 766678

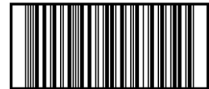
Nutrition Facts

51 servings per container
Serving size 3 (85g)
Calories per serving **220**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 13g	17%	Total Carbohydrate 21g	8%
Saturated Fat 4g	20%	Dietary Fiber 3g	11%
Trans Fat 0g		Total Sugars 2g	
Cholesterol 20mg	7%	Includes <1g Added Sugars	2%
Sodium 630mg	27%	Protein 5g	

Vitamin D 0.1mcg 0% • Calcium 130mg 10% • Iron 0.4mg 2% • Potassium 70mg 2%

*The % Daily Value (DV) 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.



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HATCH GREEN CHILE & CHEESE TAMALES BITES

VEGETARIAN

FIRE ROASTED HATCH GREEN CHILE (GREEN CHILE, LIME JUICE), GROUND CORN FLOUR* (CORN*, LIME), SWEET KERNEL CORN*, WATER, CANOLA OIL, MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), REDUCED FAT CHEDDAR CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO (VEGETABLE COLOR), VITAMIN A PALMITATE, ANTI CAKING BLEND (POTATO STARCH, POWDERED CELLULOSE), XANTHAN GUM, SUGAR, SEA SALT, VEGETABLE BASE* (VEGETABLES* (CARROT*, ONION*, TOMATO*, POTATO*, GARLIC*), SEA SALT, SPICES*, TURMERIC*, RICE CONCENTRATE*). *ORGANIC | CONTAINS: MILK

275 ct | 133 oz

Nutrition Facts

49 servings per container
Serving size 6 pieces (85g)
Calories per serving **160**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 7g	9%	Total Carbohydrate 21g	8%
Saturated Fat 1.5g	8%	Dietary Fiber 3g	11%
Trans Fat 0g		Total Sugars 3g	
Cholesterol 5mg	2%	Includes <1g Added Sugars	1%
Sodium 360mg	16%	Protein 4g	

Vitamin D 0mg 0% • Calcium 60mg 4% • Iron 0.3mg 2% • Potassium 120mg 2%

*The % Daily Value (DV) 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.



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GET IN TOUCH

AVAILABILITY

Our products are available nationwide through DOT Foods and other distributors.

CONTACT US

For more information about our products, email sales@tucsonfoods.com