



100% Artisan

11491 - Black Bean & Queso Tamales

Our Artisan TAMALES are 100% Vegetarian.They are also gluten free. They are fully cooked and handcrafted specially for you. After reheat them for a few minutes they will be ready to eat.



Nutrition Facts

Servings per Container 3
Serving size 144.0g (144g)

Amount per serving
Calories 240

	% Daily Value*
Total Fat 14g	22%
Saturated Fat 2g	10%
Trans Fat	
Cholesterol 5mg	2%
Sodium 280mg	12%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 0g	
Vitamin D	0%
Calcium	8%
Iron	15%
Potassium	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.

* Benefits

TAMALES Is a Latin entre. Main ingredients are ; Corn masa mixed with lime and vegetable stock and they are stuffed with different fillings, in this case with Balck beans and cheese. They are wrapped in corn husk to cook them once they are cooked the corn husk is removed and they are ready to eat.

Ingredients

Instant Corn masa Mix (ground stone corn, lime juice),corn oil, Aluminum free baking powder (non calcium phosphate, sodium bicarbonate, non genetically midified corn starch).Vegetable stock (water,zuchinni squash, onion, celery, carrots, potatoes, green peas).Black beans, Queso Fresco (cultured pasteurized milk, salt and enzymes).

Allergens

Contains:



Free From:



Handling Suggestions

See label for suggestions

Serving Suggestions

ANY TIME
Breakfast ,lunch, snack, dinnerit is a pretty convenient healthy food entre.

Prep & Cooking Suggestions

Easy
Our TAMALES are FULLY cooked already. To reheat ;

STEAMER
Place them in a steamer for 20-25 mins.

MICROWAVE
- Place tamales on a plate.Keep the husk to maintain moisture.
Cover with a wet towel
Calculate 3 minutes per Tamal
Remove the husk

Product Specifications

Brand	Manufacturer	Product Category
100% Artisan	100% Artisan Foods LLC	Burritos, Chimichangas, & Enchiladas

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
730792981149	1149	11491	00804589436065		6/15.2 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
7.5lb	7.3lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
10in	6.5in	6.5in	0.24ft3	24x6	400days	-2°F / -5°F



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Nutrition Analysis - By Measure

Calories	240	Total Fat	14g	Sodium	280mg
Protein	0	Trans Fats		Calcium	
Total Carbohydrates...	26g	Saturated Fat	2g	Iron	
Sugars	1g	Added Sugars	0g	Potassium	
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	5mg		
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

