



100% Artisan

11492 - Poblano Corn & Queso Tamales Gluten

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	12g 18%
Saturated Fat	1g 5%
Trans Fat	
Cholesterol	0mg 0%
Sodium	9mg 0%
Total Carbohydrate	31g 11%
Dietary Fiber	5g 18%
Total Sugars	2g
Includes Added Sugar	0g 0%
Protein	6g
Vitamin D	0%
Calcium	6%
Iron	20%
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. Ingredients are ; Corn masa mixed with lime and vegetable stock and they are stuffed with different fillings, in this case with poblano peppers, corn and cheese. Then 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 modified corn starch).Vegetable stock (water, zucchini squash, onion, celery, carrots, potatoes, green peas)Poblano peppers,corn and Queso Fresco (cultured pasteurized milk,salt and enzymes).

Allergens

Contains:

milk

Free From:

crustaceans eggs fish peanuts
soy tree nuts wheat

Handling Suggestions

See label for suggestions

Serving Suggestions

ANY TIME...
Breakfast, lunch, snack, dinner... it is a pretty convenient healthy food entree.

Prep & Cooking Suggestions

Easy...
Our TAMALES are FULLY cooked already. To reheat ;
STEAMER
Place them in a steamer for 20-25 minutes.

MICROWAVE
Place tamales on a plate and keep the hush to maintain moisture.
Cover them 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.
730792981156	1156	11492	00804589436058		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	TlxHI	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	12g	Sodium	9mg
Protein	6	Trans Fats		Calcium	
Total Carbohydrates...	31g	Saturated Fat	1g	Iron	
Sugars	2g	Added Sugars	0g	Potassium	
Dietary Fiber	5g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		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

