



11492 - Poblano Corn & Queso Tamales Gluten



144.0g (144g)

% Daily Value*

240

18%

5%

0%

0%

11%

18%

0%

0%

6%

20%

0%

Nutrition Facts

Servings per Container

Serving size

Total Fat 12g

Trans Fat Cholesterol 0mg

Sodium 9mg

Dietary Fiber 5g

Protein 6g

Vitamin D

Potassium

Calcium

Iron

Total Sugars 2g

Amount per serving Calories

Saturated Fat 1g

Total Carbohydrate 31g

Includes 0g Added Sugar

a day is used for general nutrition advice.

* The % Daily Value (DV) tells you how much a nutrient in

a serving of food contributes to a daily diet. 2,000 calories

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.



* 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, nongenetically 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:



Free From:









See label for suggestions

Handling Suggestions

Serving Suggestions

ANY TIME...

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

Prep & Cooking Suggestions

Our TAMALES are FULLY cooked already. To reheat;

MICROWAVE Place tamales on a plate and keep the hust 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 | TIxHI | Shelf Life | Storage Temp From/To |
| 10in | 6.5in | 6.5in | 0.24ft3 | 24x6 | 400days | -2°F / -5°F |





100% Artisan

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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 | |
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