

# 100% Artisan

## 11494 - Spicy Spinach Tamales

Our Artisian TAMALES are 100% Vegan .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 Fa	acts
	All of the second se	Servings per Container Serving size 144.0	3 )g (144g)
		Amount per serving Calories	200
		% D	aily Value*
Artis	NR HAND GRAFTED	Total Fat 11g	17%
netwick202.4910 3 individually wraj	Dedum rivezen pod tamales 🕤 🕑 🕐	Saturated Fat 1g	5%
		Trans Fat	
		Cholesterol 0mg	0%
<b>≭</b> Benefits		Sodium 11mg	0%
-	Total Carbohydrate 23g	8%	
TAMALES Is a Latin entre. Main ingredier and vegetable stock and they are stuffed	its are ; Corn masa mixed with lime with different fillings, in this case with	Dietary Fiber 3g	11%
Spinach and avocado Salsa. They are wra	pped in corn husk to cook them once	Total Sugars 1g	
they are cooked the corn husk is remove	and they are ready to eat.	Includes 0g Added Sugar	0%
Ingredients	Allergens	Protein 4g	
		Vitamin D	0%

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)spinach,avocado.

Free From:
🕞 crustaceans 🕜 eggs 🔊 fish 🕧 milk
🚫 peanuts 🛞 soy 🛞 tree nuts 🋞 wheat

	% Daily Value*
Total Fat 11g	17%
Saturated Fat 1g	5%
<i>Trans</i> Fat	
Cholesterol 0mg	0%
Sodium 11mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Su	gar <b>0%</b>
Protein 4g	
	001
Vitamin D	0%
Calcium	5%
Iron	15%
Potassium	0%
* The % Daily Value (DV) tells you h a serving of food contributes to a c a day is used for general nutrition	laily diet. 2,000 calories

#### 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

Bran	d	Manufacturer				Product Category				
100% Ar	tisan	100% Artisan Foods LLC				Burritos, Chimichangas, & Enchiladas				
UF	PC	MFG #	S	SPC #	PC # GTIN		Pa	ick	Pack Desc.	
730792	981187	1187	1	1494	008	0804589436027		7		6/15.2 OZ
Gross Weight Net		Net Wei	ght Country		ntry c	of Origin Kosh		sher	her Child Nutrition	
7.5lb		7.3lb	) United		nited s	States No		No		
Shipping Information										
Length	Width	Height	Volu	ume	TIxHI	KHI Shelf Life		ife Storage Temp Fron		emp From/To
10in	6.5in	6.5in		4ft3		400days -2°F / -5°F				





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Nutrition Analysis - By Measure

Calories	200	Total Fat	11g	Sodium	11mg
Protein	4	Trans Fats	Trans Fats		
Total Carbohydrates…	23g	Saturated Fat	1g	Iron	
Sugars	1g	Added Sugars	Og	Potassium	
Dietary Fiber	3g	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



