



100% Artisan

11494 - Spicy Spinach Tamales

Our Artisan 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 Facts

Servings per Container	3
Serving size	144.0g (144g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1g	5%
Trans Fat	
Cholesterol 0mg	0%
Sodium 11mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 4g	
Vitamin D	0%
Calcium	5%
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 Spinach and avocado Salsa. 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)spinach,avocado.

⚠ Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- soy
- tree nuts
- wheat

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.
730792981187	1187	11494	00804589436027		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



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 Analysis - By Measure

Calories	200	Total Fat	11g	Sodium	11mg
Protein	4	Trans Fats		Calcium	
Total Carbohydrates...	23g	Saturated Fat	1g	Iron	
Sugars	1g	Added Sugars	0g	Potassium	
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
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

