



100% Artisan

11495 - Green Veggies Tamales Gluten Free

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

3 Servings Per Container

Serving size **144.0g (144g)**

Amount per serving
Calories 180

% Daily Value*

Total Fat 9 g **14%**

Saturated Fat 0.5 g **3%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 320 mg **13%**

Total Carbohydrate 23 g **8%**

Dietary Fiber 3 g **12%**

Total Sugars 3 g

Includes 0 g Added Sugar **0%**

Protein 4 g

Vitamin D **0%**

Calcium **4%**

Iron **10%**

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 Carrots,green peas and corn. 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)Carrots, green peas & corn. peas.

Allergens

Free From:

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

Handling Suggestions

See label for suggestions

UNIT UPC: 730792981170

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 |
|--------------|------------------------|
| 100% Artisan | 100% Artisan Foods LLC |

| UPC | MFG # | SPC # | GTIN | Pack | Pack Desc. |
|--------------|-------|-------|----------------|------|------------|
| 730792981170 | 1170 | 11495 | 00804589436034 | | 6/15.2 OZ |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|--------------------------|--------|-----------------|
| 7.5 lb | 5.7 lb | United States of America | No | |

| Shipping Information | | | | | | |
|----------------------|--------|--------|----------|-------|------------|----------------------|
| Length | Width | Height | Volume | TlxHl | Shelf Life | Storage Temp From/To |
| 10 in | 6.5 in | 6.5 in | 0.24 ft3 | 24x6 | 407 days | -5 °F / -2 °F |



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Nutrition Analysis - By Measure

| | | | | | |
|------------------------|------|---------------------|-------|---------------|--------|
| Calories | 180 | Total Fat | 9 g | Sodium | 320 mg |
| Protein | 4 | Trans Fats | 0 g | Calcium | |
| Total Carbohydrates... | 23 g | Saturated Fat | 0.5 g | Iron | |
| Sugars | 3 g | Added Sugars | 0 g | Potassium | |
| Dietary Fiber | 3 g | Polyunsaturated Fat | | Zinc | |
| Lactose | | Monounsaturated Fat | | Phosphorus | |
| Sucrose | | Cholesterol | 0 mg | | |
| 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

