



FULLY
COOKED

SHUCK WRAPPED
**PORK
TAMALES**

DISTRIBUTED BY FRESH COUNTRY FUNDRAISING, LONGVIEW, TX 75604

INGREDIENTS: Masa (coloring added), Pork, Pork Broth, Lard, Textured Vegetable Protein (soybeans and cara-mel color), Tamale Seasoning (chili pepper, spices, salt, monosodium glutamate, garlic, soybean oil), Salt, Paprika.

HEATING INSTRUCTIONS

REFRIGERATED: Remove from package, place in steamer. Heat for 20-30 minutes.

FROZEN: As above. Heat 45-50 minutes.

MICROWAVE: Place in single layer, wrap in wet paper towel. Heat for 1 1/2 minutes. Add one minute if frozen.

KEEP REFRIGERATED

3 DOZEN

NET WT. 48 OZ. (3 LB.)



Nutrition Facts

Serving Size 3 Tamales (127 g)
Servings Per Container 9

Amount Per Serving

Calories 340 **Calories from Fat** 250

	% Daily Value*
Total Fat 28g	42%
Saturated Fat 10g	45%
Trans Fat 0g	0%
Cholesterol 31mg	10%
Sodium 864mg	36%
Total Carbohydrates 19g	6%
Dietary Fiber 3g	14%
Sugars	
Protein 7g	

Vitamin A 14% • Vitamin C 9%
Calcium 3% • Iron 9%

* Percent Daily Values are based on a 2,000 calorie diet.