



GREEN CHILI CHEESE TAMALE

Nutrition Facts

Serving Size 5 ounces (141.75g)
Servings Per Container 100

Amount Per Serving

Calories 360 **Calories from Fat** 220

% Daily Value*

Total Fat 24g **37%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 480mg **20%**

Total Carbohydrate 29g **10%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 10g

Vitamin A 15% • Vitamin C 20%

Calcium 20% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Meat/Meat Alternate	1 oz
Grain/Bread	1.25 Serving
Vegetable/Fruit	3/8 cup

Allergen: **Milk**