



Patty Pan Cooperative - Green Chile and Cheese Tamales 12oz 3ct

Nutrition Facts			
3 servings per container			
Serving size		1 tamale (113g)	
	Per tamale	Per package	
Calories	110	340	
	% Daily Value*	% Daily Value*	
Total Fat	4g 5%	12g	15%
Saturated Fat	1.5g 8%	4g	20%
Trans Fat	0g	0g	
Cholesterol	5mg 2%	20mg	7%
Sodium	800mg 35%	2390mg	104%
Total Carbohydrate	16g 6%	48g	17%
Dietary Fiber	3g 11%	9g	32%
Total Sugars	1g	3g	
Incl. Added Sugars	0g 0%	0g	0%
Protein	4g	12g	
Vitamin D	0mcg 0%	0mcg	0%
Calcium	60mg 4%	180mg	15%
Iron	1mg 6%	3mg	15%
Potassium	0mg 0%	280mg	6%

*The % Daily Value 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.

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