



Patty Pan Cooperative - Bean and Cheese Tamale 12oz 3ct

Nutrition Facts			
3 servings per container			
Serving size		1 tamale (113g)	
	Per tamale	Per package	
Calories	150	450	
	% Daily Value*	% Daily Value*	
Total Fat	4g 5%	12g	15%
Saturated Fat	1.5g 8%	5g	25%
Trans Fat	0g	0g	
Cholesterol	10mg 3%	25mg	8%
Sodium	390mg 17%	1170mg	51%
Total Carbohydrate	21g 8%	62g	23%
Dietary Fiber	6g 21%	17g	61%
Total Sugars	1g	2g	
Incl. Added Sugars	0g 0%	0g	0%
Protein	7g	22g	
Vitamin D	0mcg 0%	0mcg	0%
Calcium	80mg 6%	240mg	20%
Iron	1.6mg 8%	4.8mg	25%
Potassium	200mg 4%	610mg	15%

*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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