



# CHICKEN IN GREEN SAUCE TAMALES

## Nutrition Facts

4 servings per container

Serving size **1 Tamale 6-oz**  
(170g)

Amount per serving

**Calories 330**

% Daily Value\*

**Total Fat** 17g **22%**

Saturated Fat 2g **10%**

*Trans* Fat 0g

**Cholesterol** 40mg **13%**

**Sodium** 530mg **23%**

**Total Carbohydrate** 31g **11%**

Dietary Fiber 3g **11%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 19g

Vitamin D 0mcg **0%**

Calcium 67mg **6%**

Iron 2mg **10%**

Potassium 160mg **4%**

\*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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4