



PRODUCT NUTRITION AND FOOD SAFETY GUIDELINES

TAMALE PRODUCT INFORMATION

TAMALE HANDLING

- Tamales are made with all fresh ingredients, packaged by the dozen, and delivered hot and ready to eat.
- Tamales that are NOT packed tightly in an insulated container like a cooler and kept at 140 degrees or above should be consumed or refrigerated within 2 hours of delivery and 1 hour if the outdoor temperature is 90 degrees or above. FDA food safety guidelines say that hot food needs to be kept at 140 degrees or above. See <https://www.fda.gov/food/buy-store-serve-safe-food/handling-food-safely-while-eating-outdoors> for more information.
- Refrigerate for up to 5 days after the day of delivery. After that, they should be frozen.
- Do NOT put HOT tamales in the freezer. They should be spread out and cooled in the refrigerator prior to freezing.

TAMALE RE-HEATING

- **Best** – Steam them using a tamale or vegetable steamer until the internal temperature reaches 140 degrees Fahrenheit. It typically takes 10 – 15 minutes after the water boils.
- **Good** – Reheat in the microwave on high heat, preferably covered with a wet paper towel, for about 2 minutes. Repeat for 1-minute intervals until internal temperature reaches 140 degrees Fahrenheit.
- Cooking time varies by volume cooked and cooking appliance. Extend the cooking times if tamales are frozen.

Bean

Nutrition Facts	
6 servings per container	
Serving size 2 Tamales (86g)	
Amount Per Serving	
Calories	300
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 950mg	41%
Total Carbohydrate 38g	14%
Dietary Fiber 6g	21%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0.3mcg	2%
Calcium 80mg	6%
Iron 2.1mg	10%
Potassium 380mg	8%

* The % Daily Value (DV) 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.

INGREDIENTS: MASA(CORN, WATER AND LIME), BEANS, PINTO, MATURE SEEDS, RAW, LARD, SALT, GARLIC, WATER, GARLIC POWDER, CHILE ANCHO, DRIED, PAPRIKA, DRIED, CUMIN POWDER, CHILI POWDER, CAYENNE CHILI POWDER*, OREGANO

Pork

Nutrition Facts	
6 servings per container	
Serving size 2 Tamales (110g)	
Amount Per Serving	
Calories	280
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 1100mg	48%
Total Carbohydrate 25g	9%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0.5mcg	2%
Calcium 60mg	4%
Iron 1.2mg	6%
Potassium 240mg	6%

* The % Daily Value (DV) 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.

INGREDIENTS: MASA (WATER, YELLOW CORN, TRACE OF LIME, YELLOW 5, YELLOW 6), PORK, WATER, RENDERED PORK SKIN FAT BHA & BHT ADDED TO PROTECT FLAVOR, SALT, GARLIC, SPICES, PAPRIKA, CHILI PEPPER (SILICON DIOXIDE (2% MAX), ETHOXYQUIN 100 PPM MAX), GRANULATED GARLIC.

Chicken

Nutrition Facts	
6 servings per container	
Serving size 2 Tamales (114g)	
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 1100mg	48%
Total Carbohydrate 25g	9%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0.2mcg	2%
Calcium 60mg	4%
Iron 1.4mg	8%
Potassium 180mg	4%

* The % Daily Value (DV) 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.

Ingredients: MASA (WATER, YELLOW CORN, TRACE OF LIME, YELLOW 5, YELLOW 6), BONELESS SKINLESS CHICKEN THIGHS, WATER, RENDERED PORK SKIN FAT BHA & BHT ADDED TO PROTECT FLAVOR, SALT, GARLIC, SPICES, PAPRIKA, CHILI PEPPER (SILICON DIOXIDE (2% MAX), ETHOXYQUIN 100 PPM MAX), GRANULATED GARLIC.



SALSA PRODUCT INFORMATION

SALSA HANDLING

- Salsa should be refrigerated after opening for up to 7 days
- After 7 days, salsa should be consumed or can be frozen
- Salsa can also be used as a sauce to cook with your favorite recipes

Roja (Red) Salsa

Nutrition Facts	
28 servings per container	
Serving size	2 tbs (30mL)
Amount Per Serving	
Calories	5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber <1g	2%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	0%
Potassium 60mg	2%
*The % Daily Value (DV) 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.	

INGREDIENTS: TOMATOES (TOMATOES, TOMATO JUICE, <2% OF: SALT, CITRIC ACID, CALCIUM CHLORIDE), ONION, CILANTRO, SALT, GARLIC, DRIED CHILES

Verde (Green) Salsa

Nutrition Facts	
28 servings per container	
Serving size	2 tbs (30mL)
Amount Per Serving	
Calories	10
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 2g	1%
Dietary Fiber <1g	2%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.2mg	0%
Potassium 80mg	2%
*The % Daily Value (DV) 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.	

INGREDIENTS: TOMATILLOS, JALAPENOS, ONION, CILANTRO, SERRANO PEPPERS, SALT, GARLIC