

11495 - Green Veggies Tamales Gluten Free



TAMALES – Is a Latin entrée. Main ingredients are ; Corn masa mixed with lime and vegetable stock and they are stuffed with different fillings, in this case with Carrots,green peas and corn. They are wrapped in corn husk to cook them once they are cooked the corn husk is removed and they are ready to eat.



MARKETING

Our Artisan TAMALES are 100% Vegan .They are also gluten free. They are fully cooked and handcrafted specially for you. After reheat them for a few minutes they will be ready to eat.

Nutrition Facts

3 Servings per container	
Serving Size	144.0 GR
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat	14%
Saturated Fat 0.5 g	3%
Trans Fat	
Cholesterol 0 mg	0%
Sodium 320 mg	13%
Total Carbohydrates 23 g	8%
Dietary Fiber 3 g	12%
Total Sugars 3 g	
Includes 0 g Added Sugars	0%
Protein 4 g	
Vitamin D	0%
Calcium	4%
Iron	10%
Potassium	0%

* The % Daily Values (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.

PRODUCT SPECIFICATIONS

Code	GTIN	Pack Description				
1170	00804589436034	6/15.2 OZ				
Brand	Brand Owner	GPC Description				
100% Artisan	100% Artisan Foods LLC	Ready-Made Combination Meals - Not Ready to Eat (Perishable)				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
7.5 LBR	5.7 LBR	No	United States	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
10 INH	6.5 INH	6.5 INH	0.24 FTQ	24x06	407 Days	-5 FAH / -2.5 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

HANDLING SUGGESTIONS

See label for suggestions---UNIT UPC: 730792981170---

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INII = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Eggs - N
- Soybean - N
- Wheat - N
- Sesame - N
- Molluscs - N
- Peanuts - N
- Tree - N
- Fish - N
- Shellfish - N
- Crustaceans - N

INGREDIENTS

Instant Corn masa Mix (ground stone corn, lime juice),corn oil, Aluminum free baking powder (non calcium phosphate, sodium bicarbonate, non genetically modified corn starch).Vegetable stock (water,zuchinni squash, onion, celery, carrots, potatoes, green peas)Carrots, green peas & corn. peas.

100% Artisan

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PREPARATION & COOKING SUGGESTIONS

Easy...Our TAMALES are FULLY cooked already.
To reheat ;STEAMERPlace them in a steamer for 20-25 mins.MICROWAVE- Place tamales on a plate.Keep the husk to maintain moisture- Cover with a wet towel- Calculate 3 minutes per Tamal - Remove the husk

SERVING SUGGESTIONS

ANY TIME...Breakfast ,lunch, snack, dinner...it is a pretty convenient healthy food entrée.

MORE INFORMATION