

Black Bean & Corn Tamale 5 oz

GTIN: 00850001124041 | UPC: 850001124041  
NET CONTENT: 5 Ounce | PRODUCT ID: 10313529



Black Bean and Corn Tamales by Tucson Tamale are handmade with spiced black beans, non-GMO sweet corn and a hint of orange. The Beans are stuffed in masa made with non-GMO white corn and red chile. Wrapped in a traditional corn husk. Vegan (Plant Based). Fully Cooked. Gluten Free. Frozen for Freshness.

FEATURES & BENEFITS

- Premium, Vegan/Plant Based, Mexican Handmade Tamale made with black beans. Wrapped in traditional corn husk.
- Authentic Mexican Black Bean and Cheese Tamales made with light and fluffy masa made from non-GMO white corn and red chile.
- Tamales are fully cooked and frozen for freshness. Steam in package in microwave. Ready to eat in minutes.

INSTRUCTIONS

- Keep frozen until use. May slack in refrigerator for up to 14 days. Do not refreeze.
- Microwave: Microwave in wrapper for 2 minutes or until the tamale reaches an internal temperature of 165 degrees Fahrenheit. Let sit one minute. Unwrap corn husk, enjoy. Stove top: Remove wrapper and leave tamale in the corn husk. Place tamales vertically in a steam pot and be sure the water on the bottom of the pot does not touch the tamales. Times may vary based on stove and number of tamales. Heat to an internal temperature of 165 degrees Fahrenheit. Let tamales rest for one minute, Unwrap corn husk, enjoy
- Keep frozen until use. May slack in refrigerator for up to 14 days. Do not refreeze.

Brand Owner	Tucson Tamale Company
Brand Name	Tucson Tamale
Manufacturer	Tucson Tamale Wholesale
Volume	22.5 Cubic inch

Storage & Handling Temperature

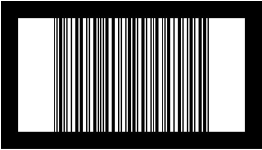
Minimum: -10 °FMaximum: 20 °F

Origin Region:	Country: US
----------------	-------------

**INGREDIENTS:** MASA (WATER, GROUND CORN FLOUR (CORN, LIME), CANOLA OIL, RED CHILE POWDER, SEA SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), VEGETABLE BASE (VEGETABLES (CARROT, ONION, TOMATO, POTATO, GARLIC), SEA SALT, SPICES, TURMERIC, RICE CONCENTRATE)), FILLING (WATER, SWEET KERNEL CORN, BLACK BEANS, ORANGE JUICE, BLACK BEAN SEASONING (SPICES, SALT, PAPRIKA), SEA SALT, SPICE).

Nutrition Facts	
Approx. 1 servings per container	
Serving Size	1 tamale
Amount Per Serving	
Calories	220
% Daily Value	
Total Fat 10g	13%
Saturated Fat .5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 530mg	23%
Total Carbohydrate 34g	12%
Dietary Fiber 9g	32%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg 0%	Calcium 40mg 4%
Iron 1.8mg 10%	Potassium 70mg 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.	

GTIN	Level	Qty of Next Level Item(s)	H x W x D	Weight		Ti x Hi
				Net	Gross	
10850001124048	Case	8	4 x 6 x 9 Inches	2.5 Pound	3 Pound	30 x 12
00850001124041	Each	1	1.5 x 6 x 2.5 Inches	5 Ounce	6 Ounce	30 x 12



10850001124048