

La Guadalupeana

AUTHENTIC HANDMADE MADE IN THE U.S.A.



CHICKEN TAMALES

Wrapped in Corn Husks

Chicken and Green Chile (Hot) Carne de Pollo con Chile Verde

INGREDIENTS: MASA: Cooked Stone Ground Corn, Lard, Shortening ((Palm Oil, Soybean Oil, Canola Oil and Tocopherol (Vitamin E) (added as an antioxidant)), Water, Salt, Cultured Dextrose, Bisulfate of Soda and Baking Powder (Glucono-delta-lactone, Sodium Bicarbonate, Monopotassium Tartrate, Corn Starch). **FILLING:** Cooked Shredded Chicken (Chicken, Water, Modified Food Starch, Salt, Garlic Powder, Onion Powder), Tomatillos, Green Chiles, Onion, Corn Oil, Starch (Corn Starch, Modified Food Starch, Cellulose Gum, Xanthan Gum, Guar Gum), Cilantro, Sesame Seed, Vinegar, Garlic, and Salt. **CONTAINS: SESAME SEED.**

COOKING INSTRUCTIONS

PRE-COOKED

Microwave: Place Tamales in Microwave Oven for 2 to 3 Minutes. For best result, wrap tamale in wet paper towel or sealed microways container.

Steam: Place Tamales in Steamer for 10-15 Minutes.

60 TAMALES : NET WT. 15 LBS.

KEEP FROZEN

Manufactured and Distributed by:
La Guadalupeana Foods, LLC,
Chicago, Illinois 60632
(773) 869-0641
Dial T-A-M-A-L-E-S

ITEM # 348



HACCP LOT # 08122



La Guadalupeana

Assured Quality Since 1945

Authentic Handmade

CHICKEN TAMALES

Wrapped in a Corn Husk

INGREDIENTS: MASA: Cooked Stone Ground Corn, Lard, Shortening (Palm Oil, Soybean Oil, Canola Oil and Tocopherol (Vitamin E) (added as an antioxidant)), Water, Salt, *Cultured Dextrose, *Bisulfate of Soda and Baking Powder (Glucono-delta-lactone, Sodium Bicarbonate, Monopotassium Tartrate, Corn Starch). **FILLING:** Cooked Shredded Chicken and Binder Product (Chicken, Water, Modified Food Starch, Salt, Garlic Powder, Onion Powder), Tomatillos, Green Chiles, Onion, Sesame Seed Oil, Starch (Corn Starch, Modified Food Starch, Cellulose Gum, Xanthan Gum, Guar Gum), Cilantro, *Vinegar, Garlic and Salt.

*To Preserve Quality

COOKING INSTRUCTIONS: Microwave: Place Tamales in Microwave Oven for 2 to 3 Minutes. For best result, wrap tamale in a wet paper towel or sealed microwave container.

Steam: Place Tamales in Steamer for 10-15 Minutes.

Nutrition Facts

Amount Per Serving	
Calories 220 Calories from Fat 120	
% Daily Value*	
Total Fat	120%
Saturated Fat	20%
Total Fat	120%
Cholesterol	120%
Sodium	22%
Total Carbohydrate	9%
Dietary Fiber	13%
Sugars	
Protein	
Vitamin A	120%
Vitamin C	120%
Calcium	120%
Iron	120%
*Percent Daily Values are based on a diet of other people's secrets.	
Dietary Guidelines for Americans: To help you compare nutrition information from different sources, we listed total fat, total carbohydrate, and sodium on this nutrition label as % Daily Value. See www.fda.gov for more information.	
Total Fat	120%
Saturated Fat	20%
Cholesterol	120%
Sodium	22%
Total Carbohydrate	9%
Dietary Fiber	13%
Sugars	
Protein	

Manufactured and Distributed by: La Guadalupeana, LLC, Chicago, Illinois 60632



La Guadalupeana

AUTHENTIC HANDMADE MADE IN THE U.S.A



HOT



CHICKEN TAMALES

Wrapped in Corn Husks

Chicken and Green Chile (Hot) Carne de Pollo con Chile Verde

INGREDIENTS: MASA: Cooked Stone Ground Corn, Lard, Shortening ((Palm Oil, Soybean Oil, Canola Oil and Tocopherol (Vitamin E) (added as an antioxidant)), Water, Salt, Cultured Dextrose, Bisulfate of Soda and Baking Powder (Glucono-delta-lactone, Sodium Bicarbonate, Monopotassium Tartrate, Corn Starch). **FILLING:** Cooked Shredded Chicken (Chicken, Water, Modified Food Starch, Salt, Garlic Powder, Onion Powder), Tomatillos, Green Chiles, Onion, Corn Oil, Starch (Corn Starch, Modified Food Starch, Cellulose Gum, Xanthan Gum, Guar Gum), Cilantro, Sesame Seed Oil, Vinegar, Garlic, and Salt.

COOKING INSTRUCTIONS

PRE-COOKED

Microwave: Place Tamales in Microwave Oven for 2 to 3 Minutes. For best result, wrap tamale in wet paper towel or sealed microwave container.
Steam: Place Tamales in Steamer for 10-15 Minutes.

80 TAMALES : NET WT. 15 LBS.

KEEP FROZEN

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Chicago, Illinois 60632
(773) 869-0641
Dial T-A-M-A-L-E-S

ITEM # 343



HACCP LOT # 19522

La Guadalupeana

Assured Quality Since 1945

Authentic Handmade

HOT

CHICKEN TAMALES

Wrapped in a Corn Husk

MASA: Cooked Stone Ground Corn, Lard, Shortening (Palm Oil, Soybean Oil, Canola Oil and Tocopherol (Vitamin E) (added as an antioxidant), Water, Salt, *Cultured Dextrose, *Bisulfate of Soda and Baking Powder (Glucono-delta-lactone, Sodium Bicarbonate, Monopotassium Tartrate, Corn Starch). **FILLING:** Cooked Shredded Chicken and Binder Product (Chicken, Water, Modified Food Starch, Salt, Garlic Powder, Onion Powder), Tomatillos, Green Chiles, Onion, Sesame Seed Oil, Starch (Corn Starch, Modified Food Starch, Cellulose Gum, Xanthan Gum, Guar Gum), Cilantro, *Vinegar, Garlic and Salt. *To Preserve Quality

COOKING INSTRUCTIONS: Microwave: Place Tamales in Microwave Oven for 2 to 3 Minutes For best result, wrap tamale in a wet paper towel or sealed microwave container
Steam: Place Tamales in Steamer for 10-15 Minutes

Nutrition Facts

Serving Size 1.5oz Tamale (75g)

Amount Per Serving		% Daily Value*
Calories 210	Calories from Fat 110	
Daily Value		
Total Fat 10g		20%
Saturated Fat 6g		12%
Total Fat 10g		20%
Cholesterol 20mg		4%
Sodium 500mg		10%
Total Carbohydrate 10g		2%
Dietary Fiber 0g		0%
Sugars 0g		0%
Protein 7g		
Vitamin C 10%		Vitamin C 2%
Calcium 2%		Calcium 2%
*Percent Daily Values are based on a diet of other people's secrets. Your daily intake may be higher or lower depending on your unique needs.		
Total Fat	Less than 10g	20%
Sat Fat	Less than 6g	12%
Cholesterol	Less than 200mg	40%
Sodium	Less than 2,400mg	40%
Total Carb	30g	6%
Dietary Fiber	0g	0%

Manufactured and Distributed by: La Guadalupeana, LLC, Chicago, Illinois 60632



La Guadalupeana



HOT



CHICKEN TAMALES

Wrapped in Corn Husks

Chicken and Green Chile (Hot) Carne de Pollo con Chile

UNCOOKED 100 COUNT TAMALES

(3.5 OZ EACH): NET WT. 21.875 LBS.

KEEP FROZEN

Manufactured and
Distributed by:
La Guadalupeana Foods, LLC.

Chicago, Illinois 60632

**HACCP LOT #
08122**



COOKING INSTRUCTIONS

For Further Processing
Cook to 165 Degrees
Steam: Place Tamales in
Steamer for Approximately
45 Minutes or Until Tamale
Pulls Away from Corn Husk.

INGREDIENTS

MASA: Cooked Stone Ground Corn, Lard, Shortening ((Palm Oil, Soybean Oil, Canola Oil and Tocopherol (Vitamin E) (added as an antioxidant)), Water, Salt, Cultured Dextrose, Bisulfate of Soda and Baking Powder (Glucono-delta-lactone, Sodium Bicarbonate, Monopotassium Tartrate, Corn Starch). **FILLING:** Cooked Shredded Chicken (Chicken, Water, Modified Food Starch, Salt, Garlic Powder, Onion Powder), Tomatillos, Green Chiles, Onion, Corn Oil, Starch (Corn Starch, Modified Food Starch, Cellulose Gum, Xanthan Gum, Guar Gum), Cilantro, Sesame Seed, Vinegar (IP Maltodextrin and White Distilled Vinegar), Garlic, and **CONTAINS: SESAME SEED.**

La Guadalupeana



HOT



CHICKEN TAMALES

Wrapped in Corn Husks

Chicken and Green Chile (Hot) Carne de Pollo con Chile

UNCOOKED 100 COUNT TAMALES

(3.5 OZ EACH): NET WT. 21.875 LBS.

KEEP FROZEN

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Chicago, Illinois 60632

**HACCP LOT #
08122**



La Guadalupeana



HOT



CHICKEN TAMALES

Wrapped in Corn Husks

Chicken and Green Chile (Hot) Carne de Pollo con Chile

PRECOOKED 50 COUNT TAMALES

(3.5 OZ EACH): NET WT. 10.9375 LBS.

KEEP FROZEN

Manufactured and
Distributed by:
La Guadalupeana Foods, LLC.

Chicago, Illinois 60632

**HACCP LOT #
08122**

ITEM # 347

PACK DATE:

03/28/22

BEST BUY DATE:

03/29/23

COOKING INSTRUCTIONS

Microwave: Place Tamales in Microwave Oven for 2 to 3 Minutes. For best result, wrap tamale in wet paper towel or sealed microwave container. Steam: Place Tamales in Steamer for 10-15 Minutes.

INGREDIENTS

MASA: Cooked Stone Ground Corn, Lard, Shortening ((Palm Oil, Soybean Oil, Canola Oil and Tocopherol (Vitamin E) (added as an antioxidant)), Water, Salt, Cultured Dextrose, Bisulfate of Soda and Baking Powder (Glucono-delta-lactone, Sodium Bicarbonate, Monopotassium Tartrate, Corn Starch). **FILLING:** Cooked Shredded Chicken (Chicken, Water, Modified Food Starch, Salt, Garlic Powder, Onion Powder), Tomatillos, Green Chiles, Onion, Corn Oil, Starch (Corn Starch, Modified Food Starch, Cellulose Gum, Xanthan Gum, Guar Gum), Cilantro, Sesame Seed, Vinegar (IP Maltodextrin and White Distilled Vinegar), Garlic, and **CONTAINS: SESAME SEED.**

La Guadalupeana



HOT



CHICKEN TAMALES

Wrapped in Corn Husks

Chicken and Green Chile (Hot) Carne de Pollo con Chile

PRECOOKED 50 COUNT TAMALES

(3.5 OZ EACH): NET WT. 10.9375 LBS.

KEEP FROZEN

Manufactured and
Distributed by:
La Guadalupeana Foods, LLC.

Chicago, Illinois 60632

**HACCP LOT #
08122**





La Guadalupeana

HOT CHICKEN

TAMALES



INGREDIENTS: MASA: Cooked Stone Ground Corn, Lard, Shortening ((Palm Oil, Soybean Oil, Canola Oil and Tocopherol (Vitamin E) (added as an antioxidant)), Water, Salt, Cultured Dextrose, Bisulfate of Soda and Baking Powder (Glucono-delta-lactone, Sodium Bicarbonate, Monopotassium Tartrate, Corn Starch). FILLING: Cooked Shredded Chicken (Chicken, Water, Modified Food Starch, Salt, Garlic Powder, Onion Powder), Tomatillos, Green Chiles, Onion, Corn Oil, Starch (Corn Starch, Modified Food Starch, Cellulose Gum, Xanthan Gum, Guar Gum), Cilantro, Sesame Seed, Vinegar, Garlic, and Salt. CONTAINS: SESAME SEED.

EXPIRATION DATE: 03/28/23

HACCP LOT # 08322

Manufactured and Distributed by:
La Guadalupeana Foods, LLC.
Chicago, Illinois 60632

KEEP FROZEN

MADE IN THE U.S.A.

10 (4 x 3.5oz) Bags

NET WT. 8.75 LBS.

ITEM # 344



La Guadalupeana

HOT PORK

TAMALES



INGREDIENTS: MASA: Cooked Stone Ground Corn, Lard, Shortening ((Palm Oil, Soybean Oil, Canola Oil and Tocopherol (Vitamin E) (added as an antioxidant)), Water, Salt, Cultured Dextrose, Bisulfate of Soda and Baking Powder (Glucono-delta-lactone, Sodium Bicarbonate, Monopotassium Tartrate, Corn Starch). FILLING: Cooked Shredded Pork (Pork, Water, Modified Food Starch, Salt, Garlic Powder, Onion Powder), Tomatillos, Green Chiles, Onion, Corn Oil, Starch (Corn Starch, Modified Food Starch, Cellulose Gum, Xanthan Gum, Guar Gum), Cilantro, Sesame Seed, Vinegar, Garlic, and Salt. CONTAINS: SESAME SEED.

EXPIRATION DATE: 04/13/23

HACCP LOT # 10322

Manufactured and Distributed by:
La Guadalupeana Foods, LLC.
Chicago, Illinois 60632

KEEP FROZEN

MADE IN THE U.S.A.

10 (4 x 3.5oz) Bags

NET WT. 8.75 LBS.

ITEM # 324



La Guadalupeana



HOT



PORK TAMALES

Wrapped in Corn Husks

Pork and Green Chile (Hot) Carne de Puerco con Chile

UNCOOKED 100 COUNT TAMALES

(3.5 OZ EACH): NET WT. 21.875 LBS.

KEEP FROZEN

Manufactured and
Distributed by:

La Guadalupeana Foods, LLC.
Chicago, Illinois 60632
Dial (773) T-A-M-A-L-E-S

**HACCP LOT #
10322**

ITEM # 320



7 55157 00320 5

COOKING INSTRUCTIONS

For Further Processing Cook to 165 Degrees Steam: Place Tamales in Steamer for Approximately 45 Minutes or Until Tamale Pulls Away from Corn Husk.

INGREDIENTS

INGREDIENTS: MASA: Cooked Stone Ground Corn, Lard, Shortening ((Palm Oil, Soybean Oil, Canola Oil and Tocopherol (Vitamin E) (added as an antioxidant)), Water, Salt, Cultured Dextrose, Bisulfate of Soda and Baking Powder (Glucono-delta-lactone, Sodium Bicarbonate, Monopotassium Tartrate, Corn Starch). FILLING: Cooked Shredded Pork (Pork, Water, Modified Food Starch, Salt, Garlic Powder, Onion Powder), Tomatillos, Green Chiles, Onion, Corn Oil, Starch (Corn Starch, Modified Food Starch, Cellulose Gum, Xanthan Gum, Guar Gum), Cilantro, Sesame Seed, Vinegar (IP Maltodextrin and White Distilled Vinegar), Garlic, and

CONTAINS: SESAME SEED.

La Guadalupeana



HOT



PORK TAMALES

Wrapped in Corn Husks

Pork and Green Chile (Hot) Carne de Puerco con Chile

UNCOOKED 100 COUNT TAMALES

(3.5 OZ EACH): NET WT. 21.875 LBS.

KEEP FROZEN

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Distributed by:

La Guadalupeana Foods, LLC.
Chicago, Illinois 60632
Dial (773) T-A-M-A-L-E-S

**HACCP LOT #
10322**

ITEM # 320



7 55157 00320 5