
GOYA
Tamal en Hoja
Tamal in Corn Husk
U.S. INSPECTED AND PASSED BY DEPARTMENT OF AGRICULTURE EST. 11134
KEEP FROZEN NET WEIGHT 20 OZ. (4 UNITS) BAG

Nutrition Facts

Serving Size 1 Piece (142g)
Servings Per Container 4

Amount Per Serving	
Calories 320	Calories from Fat 180
	% Daily Value*
Total Fat 20g	31%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 460mg	19%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 11g	

Vitamin A 2%	• Vitamin C 4%
Calcium 4%	• Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

0 41331 09193 0

Tamal en Hoja
Tamal in Corn Husk

* Because stoves and microwave ovens vary, heating times are approximate. Adjustment to cooking time may be required.

Heating instructions:

Stovetop:

1. Remove tamales from plastic bag.
2. Fill large pot with water; bring to boil. Add 1 tbsp. **GOYA® Adobo All-Purpose Seasoning** and tamales. Cook, turning tamales occasionally, until internal temperature registers 165˚F on quick-read thermometer, about 45 minutes.
3. Remove corn husk before eating.

Microwave:

1. Remove tamales from plastic bag. On rimmed, microwave-safe dish, add tamales and enough water to submerge tamales by 1/2". Season water with **GOYA® Adobo All-Purpose Seasoning.**
2. Microwave on HIGH until internal temperature registers 165˚F on quick-read thermometer, about 6 minutes, flipping tamales after 3 minutes.
3. Let tamales stand 1 minute before removing from microwave. Remove corn husk before eating.

INGREDIENTS: WATER, PORK, CORN FLOUR, CORN, LARD, TEXTURED VEGETABLE PROTEIN, TOMATO PASTE, ONION, CORNSTARCH, BROWN SUGAR, SEA SALT, RED BELL PEPPER, MONOSODIUM GLUTAMATE, GARLIC, SEASONING BLEND (SALT, GARLIC POWDER, ONION POWDER, SPICES, ANNATO, YEAST EXTRACT, SUGAR, AND TURMERIC) AND SPICES.
CONTAINS SOY
THIS PRODUCT WAS PREPARED IN A PLANT THAT HANDLES WHEAT, CRUSTACEAN, EGG, FISH, MILK, MONOSODIUM GLUTAMATE (MSG) AND YELLOW #5.

INGREDIENTES: AGUA, PUERCO, HARINA DE MAIZ, MAIZ, MANTECA, PROTEINA VEGETAL TEXTURIZADA, PASTA DE TOMATE, CEBOLLA, FECULA DE MAIZ, AZUCAR MORENA, SAL DE MAR, PIMIENTO ROJO, GLUTAMATO MONOSODICO, AJO, SAZONADOR MEZCLADO (SAL, AJO EN POLVO, CEBOLLA EN POLVO, ESPECIAS, ACHIOTE, EXTRACTO DE LEVADURA, AZUCAR, Y CURCUMA) Y ESPECIES.
CONTIENE SOYA
ESTE PRODUCTO FUE PREPARADO EN UNA PLANTA QUE MANEJA TRIGO, MARISCOS, HUEVO, PESCADO, LECHE, GLUTAMATO MONOSODICO (MSG) Y AMARILLO #5.

Safe Handling Instructions

This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions:

Keep refrigerated or frozen. Thaw in refrigerator or microwave.

Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.

Cook thoroughly.

Keep hot foods hot. Refrigerate leftovers immediately or discard.

KEEP FROZEN


La Milpa
La Milpa
La Milpa
La Milpa
La Milpa
La Milpa
La Milpa
Estilo Casero
Tamal Cubano en su Hoja
Cuban Tamale Wrapped in Corn Husk with diced Pork
El Original
KEEP FROZEN
Net Weight 30 Oz (6 Units) Bag
KEEP FROZEN


La Milpa
La Milpa
La Milpa
La Milpa
La Milpa
La Milpa
La Milpa®
Estilo Casero
Tamal Cubano en su Hoja
Cuban Tamale Wrapped in Corn Husk with diced Pork
INGREDIENTES: Agua, Puerco, Harina De Maiz, Maiz, Manteca, Proteina Vegetal Texturizada, Pasta De Tomate, Cebolla, Fecula De Maiz, Azucar Morena, Sal De Mar, Pimiento Rojo, Glutamato Monosodico, Ajo, Sazonador Mezclado (Sal, Ajo En Polvo, Cebolla En Polvo, Especias, Achiote, Extracto De Levadura, Azucar, Y Curcuma) Y Especies.
INGREDIENTS: Water, Pork, Corn Flour, Corn, Lard, Textured Vegetable Protein, Tomato Paste, Onion, Cornstarch, Brown Sugar, Sea Salt, Red Bell Pepper, Monosodium Glutamate, Garlic, Seasoning Blend (Salt, Garlic Powder, Onion Powder, Spices, Annato, Yeast Extract, Sugar, And Turmeric) And Spices.
Cooking Instructions:
Cook in boiling water for 45 minutes.
CONTIENE SOYA
ESTE PRODUCTO FUE PREPARADO EN UNA PLANTA QUE MANEJA TRIGO, MARISCOS, HUEVO, PESCADO, LECHE, GLUTAMATO MONOSÓDICO (MSG) Y AMARILLO #5.
CONTAINS SOY
THIS PRODUCT WAS PREPARED IN A PLANT THAT HANDLES WHEAT, CRUSTACEAN, EGG, FISH, MILK, MONOSODIUM GLUTAMATE (MSG) AND YELLOW #5.
Safe Handling Instructions
This product was prepared from inspected and passed meat and/or poultry. This product was prepared in a plant that handles wheat, Crustacea, egg,fish, milk, monosodium glutamate (MSG), and Yellow #5. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions:
Keep refrigerated or frozen. Thaw in refrigerator or microwave.
Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.
Cook thoroughly.
Keep hot foods hot. Refrigerate leftovers immediately or discard.
Nutrition Facts
Serving Size 1 piece (142g)
Servings Per Container 6
Amount per serving
Calories 320 Calories from fat 180
% Daily Value*
Total Fat 20g 31%
Saturated Fat 7g 35%
Trans Fat 0g
Cholesterol 40mg 13%
Sodium 460mg 19%
Total Carbohydrate 21g 7%
Dietary Fiber 3g 12%
Sugars 3g
Protein 11g
Vitamin A 2% • Vitamin C 4%
Calcium 4% • Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Calories 2,000 2,500
Total Fat Less Than 65 g 80 g
Sat. Fat Less Than 20 g 25 g
Cholesterol Less Than 300 mg 300 mg
Sodium Less Than 2,400 mg 2,400 mg
Total Carbohydrates 300 g 375 g
Dietary Fiber 25 g 30 g
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4
7 66053 00395 4
4
LDPE
KEEP FROZEN
Manufactured by La Milpa
KEEP FROZEN


La Milpa
TAMALES 1/50CT
el sabor de la cocina latina.
WRAPPED IN CORN HUSK
WITH PORK (ARTIFICIALLY COLORED)
INGREDIENTS Water, Pork, Cured Ham [Pork, water, hydrolized soy protein, dextrose, salt, sodium phosphate, sugar, flavoring mix: (salt, sodium acetate, flavoring) , modified food starch, sodium erythorbate, monosodym glutamate, sodium nitrite] , Corn Flour, Corn Meal, Frozen Corn, Lard, Textured Vegetable Protein (Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine, Hydrocholoride, Riboflavin, Cyanocobalamin) , Tomato Paste, Onion, Cornstarch, Brown Sugar, Sea Salt, Red Bell Pepper, Monosodium Glutamate, Garlic, Seasoning Blend (Salt, Garlic, Powder, Onion Powder, Spices, Annatto, Sugar And Turmeric) , Egg Shade (Water, Propylene Glycol, Fd&C Yellow #6, Yellow 5, Red 40, Caramel Color) . This Product Was Prepared In A Plant That Handles Wheat, Crustacean, Egg, Fish, Milk, Monosodium Glutamate, And Yellow #5 & Yellow #6
COOKING INSTRUCTIONS: Cook in boiling water for 45 minutes, until the tamales reach 165 degrees fahrenheit
INTRUCCIONES PARA COSINAR: EL PRODUCTOS TIENE QUE SER COSINADO POR 45 MINUTOS,
ASTA QUE ALCANCE LA TEMPERATURA DE 165 GRADOS FAHRENHIET
LOT#
EXP:
REGULAR
KEEP FROZEN
US INSPECTED AND PASSED BY DEPARTMENT OF AGRICULTURE EST. 11154
MFG. : LA AUTENTICA FOODS. LLC


La Milpa
el sabor de la cocina latina.
TAMALES 1/40CT
ESPECIAL
WRAPPED IN CORN HUSK
WITH PORK (ARTIFICIALLY COLORED)
INGREDIENTS Water, Pork, Cured Ham [Pork, water, hydrolized soy protein, dextrose, salt, sodium phosphate, sugar, flavoring mix: (salt, sodium acetate, flavoring) , modified food starch, sodium erythorbate, monosodiym glutamate, sodium nitrite) , Corn Flour, Corn Meal, Frozen Corn, Lard, Textured Vegetable Protein (Soy Flour, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine, Hydrocholoride, Riboflavin, Cyanocobalamin) , Tomato Paste, Onion, Cornstarch, Brown Sugar, Sea Salt, Red Bell Pepper, Monosodium Glutamate, Garlic, Seasoning Blend (Salt, Garlic, Powder, Onion Powder, Spices, Annatto, Sugar And Turmeric) , Egg Shade (Water, Propylene Glycol, Fd&C Yellow #6, Yellow 5, Red 40, Caramel Color) . This Product Was Prepared In A Plant That Handles Wheat, Crustacean, Egg, Fish, Milk, Monosodium Glutamate, And Yellow #5 & Yellow #6
COOKING INSTRUCTIONS: Cook in boiling water for 45 minutes, until the tamales reach 165 degrees fahrenheit
INTRUCCIONES PARA COSINAR: EL PRODUCTOS TIENE QUE SER COSINADO POR 45 MINUTOS,
ASTA QUE ALCANCE LA TEMPERATURA DE 165 GRADOS FAHRENHIET
LOT#
EXP:
KEEP FROZEN
MFG. : LA AUTENTICA FOODS. LLC
2294 W 78 ST. HIALEAH, FL 33016 PH: 786-409-3779
US
INSPECTED
AND PASSED BY
DEPARTMENT OF
AGRICULTURE
EST. 11154


4 Tamales
QUIRCH
Foods
Tamales
Cubanos
ESTILO CASERO
CUBAN-STYLE TAMALES WITH PORK
(ARTIFICIALLY COLORED)
WRAPPED IN CORN HUSKS
MANTENER CONGELADO / KEEP FROZEN
COCINAR COMPLETAMENTE / COOK THOROUGHLY
Net Wt / Peso Neto 20 oz (567 g)


QUIRCH Foods
Tamales Cubanos
ESTILO CASERO
Nutrition Facts Datos de Nutrición
Serving Size / Tamaño por Ración: 1 tamal (141.5 g)
Servings per Container / Raciones por Envase: 4
Amount per serving / Cantidad por Ración
Calories / Calorías: 200
Calories from Fat / Calorías de Grasa: 110
% Daily Value* / % Valor Diario
Total Fat / Grasa Total 13g 19%
Saturated Fat / Grasa Saturada 4.5g 23%
Trans Fat 0g
Cholesterol / Colesterol 35mg 2%
Sodium / Sodio 870mg 36%
Total Carb. / Carbo. Total 14g 5%
Dietary Fiber / Fibra Dietética 1g 5%
Sugars / Azúcar 2g
Protein / Proteína 10g
Vitamin A/Vitamina A 0% • Vitamin C/Vitamina C 0%
Calcium/Calcio 2% • Iron/Hierro 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower, depending on your caloric needs.
* Porcentaje de Valores Diarios están basados en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores o menores dependiendo de sus necesidades calóricas.
Safe Handling Instructions
This product was prepared from inspected and passed meat and/or poultry. This product was prepared in a plant that handles wheat, Crustacea, egg, fish, milk, monosodium glutamate (MSG), and Yellow #5. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.
Keep refrigerated or frozen. Thaw in refrigerator or microwave.
Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.
Cook thoroughly.
Keep hot foods hot. Refrigerate leftovers immediatly or discard.
Mantener congelado hasta el momento de la cocción. No se recomienda hornear o cocinar en el microondas.
Instrucciones de Cocción
Cocinar en agua hirviendo durante 45 minutos.
Keep Frozen until ready to cook. Baking or microwave heating is not recommended.
Cooking Instructions
Cook in boiling water for 45 minutes.
6 65072 00591 1
Ingredients: Ground Corn, Pork, Corn Meal, Bell Peppers, Lard, Corn Starch, Cured Cooked Pork (Cured with Water, Salt, Sugar, Sodium Tripolyphosphate, Monosodium Glutamate, Sodium Nitrite), Onions, Salt, Tomato Paste, Garlic, Wine, Spices, Monosodium Glutamate, Paprika, Egg Shade Food Color (Water, Propylene Glycol, FD&C Yellow #5, Caramel Color, Artificial Color)
This product was prepared in a plant that handles wheat, Crustacea, egg, fish, milk, monosodium glutamate (MSG), and Yellow #5 & Yellow #6.
Distributed by: Quirch Foods Co. Miami, FL 33166