



Shredded Chicken & Cheese Tamale

INGREDIENT INFORMATION

Ingredient: Cooked natural proportion chicken with natural juices (Chicken Meat, Salt), Monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes) powdered cellulose (to prevent caking), Corn oil, Seasonings (Maltodextrin, Garlic, Sea Salt, Dehydrated Bell Peppers, Sugar, Onion, Hydrolyzed Corn Protein, Spices, Powdered Cooked Chicken, Citric Acid, Turmeric, Annatto, Parsley, Silicon Dioxide Added to Prevent Caking, Turmeric and Annatto Extracts, Paprika Extract, Spice Extracts.), Corn starch. MASA INGREDIENTS: Water, Yellow Corn Processed with Lime, Corn Oil, Corn Starch, Sea Salt

Allergens: Milk

UPC: 50057 _____

Unopened Shelf Life: 12 months Frozen

Product Appearance: Shredded chicken and cheese wrapped in masa and a corn husk

Product Handling/Storage: Temp: 0°F +/- 10° through distribution

Day Code Format: BBMMDDYYWW
 BB = Batch #, MM = Month, DD = Day, YY = Year, WW = Week of Year

Recommended Preparation Instructions

BEST METHOD - STEAM (THAWED):

- PLACE TAMALES IN HUSK IN A PERFORATED PAN
- STEAM FOR 20 MINUTES OR UNTIL 165°F.

ALTERNATE METHOD STEAM (THAWED):

- PREHEAT OVEN TO 350°F.
- PLACE TAMALES IN HUSK IN A SPAYED HOTEL PAN WITH A SMALL AMOUNT OF WATER AND COVER WITH FOIL
- BAKE FOR 18-20 MINUTES OR UNTIL 165°F.

| Nutrition Facts | |
|---|------------|
| 180 servings per container | |
| Serving size | 3 oz (85g) |
| Amount per serving | |
| Calories | 210 |
| % Daily Value * | |
| Total Fat 11g | 14% |
| Saturated Fat 3.5g | 17% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 30mg | 10% |
| Sodium 310mg | 14% |
| Total Carbohydrate 18g | 6% |
| Dietary Fiber 3g | 10% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| Protein 12g | |
| Vitamin D 0mcg | 0% |
| Calcium 110mg | 8% |
| Iron 0.9mg | 4% |
| Potassium 340mg | 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. | |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | |

Child Nutrition Meal Pattern Requirements

Each 3.0 oz. Chicken and Cheese tamale serving contains 1 oz. eq. M/MA and 1 oz. eq. Grain credit (2 – 3 oz. tamales = 2 M/MA & 2 G credit)

PRODUCT INFORMATION

| Product Code | Case Pack | Case Weight (LBS) | Case Cube | Case Dimensions | Cases Per Pallet | Case Yield |
|------------------------------------|--------------------------------|--------------------------|-----------|--|------------------|---|
| 471005-Non-Commodity and Commodity | 10 / 18 ct. pack (180 tamales) | 33.75 Net 35.75 Gross | 1.265 | L = 15.31" W = 11.31" H = 12.63" | Ti 10 Hi 4 40 | 180 / 3.0 oz serving Or 90 / 6.0 oz (2 - 3.0 oz serving) |