



PRODUCT INFORMATION SHEET

BEAN & CHEESE TAMALE

WRAPPED IN A NATURAL CORN HUSK

GREEN SAUCE

GLUTEN FREE VEGETARIAN

Code No: TBC30

Contribution to USDA Meal Pattern Requirements: **2 m/ma & 2 grain**

Portion Size as Purchases: **5.5 oz.** Case Pack = **72** Net Case Weight= **24.76 lbs.**

Type and weight m/ma : **1.82 oz. Cooked Pinto Beans 1.0 oz. Mozzarella Cheese**

Type and weight whole grains: **2 Grains = 2.2 oz. Whole Kernel Corn Masa - 35 grams of whole grain, 2 creditable grains from 100% whole grain**

Nutrition Information:

Calories	347	Fat (Total)	8 g	Calcium	258mg
Protein	18.5g	Fat (Saturated)	3g	Iron	2.96mg
Carbohydrate	56g	Trans Fat	-0-	Vitamin C	0mg
Dietary Fiber	5.5g	Cholesterol	15mg	Vitamin A	200iu
Sugar	0g	Sodium	150mg		

Ingredient Statement for: Beans and Chili Cheese Tamale: **Cooked Pinto Beans,** water, less than 2% of: canola oil, salt, distilled vinegar, chile pepper, onion powder, spices, garlic powder, natural flavor. **Mozzarella Cheese:** pasteurized milk, cheese cultures, non-fat dry milk, enzymes, sodium citrate, contains less than 2% calcium phosphate, whey, protein concentrate, salt, sorbic acid. salt. **Masa:** Stone ground whole kernel white corn with, water, vegetable stock, (water, onions, garlic powder, salt) margarine palm oil, water, salt, non-fat dry milk solids, soy lecithin, vegetable mono & diglycerides, citric acid, natural flavor, vitamin, palmitate added, beta carotene. **Diced cooked onions. Diced green chile peppers:** water, salt, citric acid, calcium chloride baking powder.

ALLERGENS: MILK

**BESTWAY FOOD PRODUCTS OPERATES A PEANUT FREE TREE NUT FREE FACILITY
SHELF LIFE FROZEN 12 MONTHS FROM DOP**

Heating Instructions For Product Listed Above:

FROM FROZEN: CONVECTION OVEN - 325F 20-25 minutes until an internal temp. of 165 degrees

FROM FROZEN: CONVENTIONAL OVEN - 350F 20-25 minutes until an internal temp. of 165 degrees

I certify the above is true Greenfield Sawyer

- President 1/02/2021.

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