



**PRODUCT INFORMATION SHEET**  
**BEAN & CHEESE TAMALE**  
**WRAPPED IN A NATURAL CORN HUSK**  
**GLUTEN FREE VEGETARIAN**

**Code No: TBC11**

Contribution to USDA Meal Pattern Requirements: **2 m/ma & 2.0 grain**

Portion Size as Purchases: **5.0 oz.** Case Pack = **72** Net Case Weight= **22.50 lbs.**

Type and weight m/ma: **1.5 oz. Low Moisture Part Skim Mozzarella Cheese .92 oz Cooked Canned Drained Pinto Beans**

Type and weight whole grains: 2 Grains = **2.0 oz. Whole Kernel Corn Masa - 32 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:** **Masa:** (stone ground whole kernel corn flour, water, trace of lime), vegetable oil, rice flour, baking powder, (sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), salt. **Cooked Canned Whole Pinto Beans:** water, salt, garlic powder, margarine. **Low Moisture Part Skim Mozzarella Cheese:** (pasteurized part skim milk, cheese cultures, salt, enzymes, powdered cellulose (to prevent caking), natamycin (a natural mold inhibitor). **Diced cooked onions. Diced Green Chile Peppers:** water, salt, and citric acid.

**ALLERGENS: MILK**

**SHELF LIFE FROM FROZEN: 365 DAYS AFTER PRODUCTION**

**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  
1/12/2023.

- President

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