



A CALIFORNIA COMPANY FEEDING CALIFORNIA KIDS  
PRODUCT INFORMATION SHEET

# BEAN & CHILE TAMALE

**VEGETARIAN, GLUTEN FREE, VEGAN**

**Code No:VBC11 INDIVIDUALLY WRAPPED IN CORN HUSK**

Contribution to USDA Meal Pattern Requirements: **2 m/ma 2 grain 1/8 cup vegetable**

Portion Size as Purchases: **6.36 oz.** Case Pack = **72** Net Case Weight: **28.62 lbs.**

Type and weight m/ma: 2 m/ma = **3.64 oz. Cooked Pinto Beans**

Type and weight whole grains: 2 Grains = **2.0 oz. Whole Kernel Corn Masa 56 grams of whole grain, 2 creditable grains from 100% whole grain**

Type and weight vegetable: **.72 oz. Fresh Roasted Diced Green Chiles Anaheim**

## 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: Bean and Chile Tamale: **Cooked Canned Pinto Beans**, water, less than 2% of: canola oil, salt, distilled vinegar, chile pepper, onion powder, spices, garlic powder, natural flavor. **Masa:** Stone ground whole kernel white corn with, water, vegetable stock.. **Diced cooked onions. Fresh roasted diced green chile peppers Anaheim** (water, salt, citric acid, calcium chloride).Baking powder.

**ALLERGENS: NONE**

Bestway Food Products operates a Peanut free and Tree Nut free facility  
SHELF LIFE FROZEN 12 MONTHS FROM DOP

Heating Instructions For Product Listed Above: FROM FROZEN:

CONVECTION OVEN - 350 degrees for 20-25 min. or until an internal temp. of 165 degrees.

CONVENTIONAL OVEN - 375 degrees for 20-25 min. or until an internal temp. of 165 degrees.

I certify the above is true

REVISED 1/14/2020  
Michael Boden - CEO

**Michael B's Food Products**  
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