



A California Company Feeding California Kids

BEAN & CHILE TAMALE
PRODUCT INFORMATION SHEET
VEGETARIAN GLUTEN FREE VEGAN

Code No: VBC11 OVERWRAPPED

Contribution to USDA Meal Pattern Requirements: **2 m/ma 2 grain**
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: **.42 oz Fresh Roasted Diced Green Chiles**

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	1 serving per container	Total Fat 7g	9%	Total Carbohydrate 21g
Serving size 1 tamale (175g)	Saturated Fat 2g	10%	Dietary Fiber 5g	18%
Calories per serving 150	<i>Trans Fat</i> 0g		Total Sugars 1g	
	Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
	Sodium 690mg	30%	Protein 4g	
	Vitamin D 0mcg 0% • Calcium 40mg 4% • Iron 0.7mg 4% • Potassium 170mg 4%			

* 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.

INGREDIENTS: COOKED PINTO BEANS (WATER, PINTO BEANS, SALT, GARLIC POWDER), CORN MASA (STONE GROUND WHOLE KERNEL CORN FLOUR, WATER, TRACE OF LIME, VEGETABLE OIL, RICE FLOUR, BAKING POWDER [SODIUM BICARBONATE, SODIUM ALUMINUM SULFATE, CORN STARCH, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE], SALT), ONIONS, DICED GREEN CHILIES (GREEN CHILI PEPPERS, WATER, SALT, CITRIC ACID).

ALLERGENS: NONE
BESTWAY FOODS PRODUCTION FACILITY IS FREE OF PEANUTS
BESTWAY FOODS PRODUCTION FACILITY DOES CONTAIN PACKAGED TREE NUTS

SHELF LIFE FROZEN 365 DAYS AFTER PRODUCTION

Heating Instructions FROM FROZEN:
CONVECTION OVEN - 350°F for 30 min. internal temp. of 165°F.
CONVENTIONAL OVEN - 350°F for 35 min. internal temp. of 165°F.

Case and pallet information: Box dimensions: 16 ¼ X 10 ½ X 6 5/8 Ti & Hi: 10 X 6
Case Cube: .65

I certify the above is true Revised 1/04/25 064344506772

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rev 4.18.2024