

Blue Corn and Veggie Tamale

Calabacitas, a favorite southwestern side dish, made with squash, corn, green chile, tomato and onion wrapped in blue corn masa made with organic corn



WIMS #37582

Vegan Tamale	
Nutrition Facts	
Serving size	5.5 oz (156 g)
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 510mg	22%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0mg	0%
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.

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