

Blue Corn 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



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%
<i>Trans</i> 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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