

# Pork Tamales

## Nutritional Information

### Amount per serving

Calories: 344    Calories from fat: 19%    Fat: 7.4g    Saturated fat: 1.7g    Monounsaturated fat: 2.5g

Polyunsaturated fat: 2.5g    Protein: 23.1g    Carbohydrate: 45.9g    Fiber: 2g    Cholesterol: 56mg    Iron: 6.3mg

Sodium: 638mg    Calcium: 144mg