



# sara's tamales

AUTHENTIC OAXACAN KITCHEN

Vegan  
Friendly

Made in  
Portland,  
Oregon

Maitake

TWO 10 OZ TAMALES (NET WT 20 OZ.)

# Sara's Story



Born in Oaxaca, Mexico, Sara was handed down a rich culinary tradition of family recipes. Among them—Sara's tamales.

She has served the Portland community for years at the People's Food Cooperative Farmers Market with her unique blend of locally sourced produce, freshly ground organic corn masa, and authentic Oaxacan ingredients.

Sara is proud of the relationships she has developed with her community, which motivate her to continue her family tradition and innovate with the most nutritious, delicious, and healthy vegan tamales in town.

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## Nutrition Facts

2 servings per container

Serving size 1 (295g)

Amount Per Serving

**Calories 327**

% Daily Values\*

Total Fat 6.7g 10%

Saturated Fat 0.5g 3%

Trans Fat 3.2g

Sodium 510.8mg 21%

Total Carbohydrate 62.9g 21%

Dietary Fiber 9g 36%

Total Sugars 4.3g

Includes 0g Added Sugars 0%

Protein 7.6g 15%

\*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.

## Heating

### FOR BEST RESULTS:

Steam tamales in their husk for 45 minutes.

### TO MICROWAVE:

1. Remove all plastic and packaging except the corn husk.
2. Microwave on high for 8 minutes, flipping halfway through the cooking time.
3. Let tamales cool for a few minutes, and enjoy!

INGREDIENTS: organic corn masa, vegetable broth, olive oil, water, salt, tomato, onion, jalapeño, maitake mushroom.

