



RETAIL

PRODUCT CATALOG

UNWRAP HAPPINESS

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CONTACT INFO ON BACK COVER





OUR STORY

Growing up in a loving, loud and large Mexican American family, making tamales was a treasured part of our family tradition. Our recipes have been handed down through the generations. We love that we can still honor this heritage while exploring new flavors perfect for any meal. Our mission is to bring this great tasting celebration food to your table using premium, traditional and natural ingredients.

Sherry and Todd Martin
Co-Founders

Founded and handmade in
Tucson, Arizona



**WOMEN
OWNED**



QUALITY PROMISE

Sherry's mother, Mama Celia, set the standard for how our tamales are made still to this day. Our process makes all the difference, ensuring the best-tasting, highest quality tamale.

- Real people roll each tamale by hand in a traditional corn husk (hoja).
- All of our corn is non-GMO. Our corn has been nixtamalized, an ancient process that makes the corn fully digestible and allows all the nutrients to be bio-available to you.
- We only use antibiotic-free meat proteins.
- All our tamales are Gluten-Free. We also offer Vegetarian, Vegan and Dairy-Free options.
- We use Fire Roasted Hatch Green Chiles. The Hatch Valley in New Mexico provides a soil and climate that harvests the best tasting green chiles. Fire roasting them adds a smoke-kissed flavor that is divine.
- We meticulously choose and use premium ingredients, crafting each tamale with utmost care and attention to detail. Our commitment to excellence ensures that only the finest flavors are featured in our delightful creations.





TAMALES

Tamales are fully cooked and can conveniently be reheated by steaming or microwaving.



**WRAPPED IN A
TRADITIONAL
CORN HUSK**

**MADE WITH
NON-GMO
CORN**

**MEAT, VEGAN,
OR VEGETARIAN
OPTIONS**

**CONVENIENT
MICROWAVABLE
PACKAGING**

MADE WITH ANTIBIOTIC-FREE MEAT PROTEINS



BLACK BEAN & CHEESE

GLUTEN FREE

VEGETARIAN

MASA (WATER, GROUND CORN FLOUR (CORN, LIME), CANOLA OIL, RED CHILE, SEA SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), VEGETABLE BASE (VEGETABLES (CARROT, ONION, TOMATO, POTATO, GARLIC), SEA SALT, SPICES, TURMERIC, RICE CONCENTRATE), FILLING (WATER, SWEET KERNEL CORN, BLACK BEANS, ORANGE JUICE, BLACK BEAN SEASONING (SPICES, SALT, PAPRIKA), SEA SALT, SPICE), CHEDDAR AND JACK CHEESE (MILK, CULTURES, SALT, ENZYMES, ANNATTO (COLOR)). CONTAINS: MILK

Single Serve | 1ct | Display case of 8 | 5 OZ (142g)

Nutrition Facts

Serving size
1 Tamale (142g)
Calories
per serving **260**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 14g	18%	Total Carbohydrate 32g	12%
Saturated Fat 2.5g	13%	Dietary Fiber 8g	29%
Trans Fat 0g		Total Sugars 3g	
Cholesterol 10mg	3%	Includes 0g Added Sugars	0%
Sodium 570mg	25%	Protein 9g	
Vitamin D 0.3mcg 2% • Calcium 50mg 4% • Iron 1.6mg 8% • Potassium 110mg 2%			

*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.



Twin Pack | 2ct | Case of 6 | 10 OZ (284g)

Nutrition Facts

2 servings per container
Serving size
1 Tamale (142g)
Calories
260 510
per serving per container

	Per Serving % DV*	Per Container % DV*
Total Fat	14g 18%	27g 35%
Saturated Fat	2.5g 13%	5g 25%
Trans Fat	0g	0g
Cholesterol	10mg 5%	25mg 8%
Sodium	570mg 25%	1140mg 50%
Vitamin D	0.3mcg 2%	0.7mcg 4%
Calcium	50mg 4%	100mg 8%

	Per Serving % DV*	Per Container % DV*
Total Carb.	32g 12%	64g 23%
Dietary Fiber	8g 29%	16g 57%
Total Sugars	3g	6g
Incl. Added Sugars	0g 0%	0g 0%
Protein	9g	17g
Iron	1.6mg 8%	3.2mg 20%
Potassium	110mg 2%	220mg 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.



BLACK BEAN & CORN

GLUTEN FREE

DAIRY FREE

PLANT BASED

MASA (WATER, GROUND CORN FLOUR (CORN, LIME), CANOLA OIL, RED CHILE POWDER, SEA SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), VEGETABLE BASE (VEGETABLES (CARROT, ONION, TOMATO, POTATO, GARLIC), SEA SALT, SPICES, TURMERIC, RICE CONCENTRATE), FILLING (WATER, SWEET KERNEL CORN, BLACK BEANS, ORANGE JUICE, BLACK BEAN SEASONING (SPICES, SALT, PAPRIKA), SEA SALT, SPICE).

Single Serve | 1ct | Display case of 8 | 5 OZ (142g)

Nutrition Facts

Serving size
1 Tamale (142g)
Calories
per serving **220**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 10g	13%	Total Carbohydrate 34g	12%
Saturated Fat 0.5g	3%	Dietary Fiber 9g	32%
Trans Fat 0g		Total Sugars 4g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 530mg	23%	Protein 6g	
Vitamin D 0mcg 0% • Calcium 40mg 4% • Iron 1.8mg 10% • Potassium 70mg 2%			

*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.



BLUE CORN & VEGGIE

GLUTEN FREE

DAIRY FREE

PLANT BASED

MASA (WATER, GROUND BLUE CORN FLOUR (CORN, LIME), CANOLA OIL, SEA SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), VEGETABLE BASE (VEGETABLES (CARROT, ONION, TOMATO, POTATO, GARLIC), SEA SALT, SPICES, TURMERIC, RICE CONCENTRATE), FILLING (GREEN ZUCCHINI, SWEET KERNEL CORN, CRUSHED TOMATOES (TOMATOES, TOMATO PUREE, SALT, CITRIC ACID), FIRE ROASTED HATCH GREEN CHILE (CHILE, LIME JUICE), SEA SALT, ONION POWDER, SPICE, XANTHAN GUM).

Single Serve | 1ct | Display case of 8 | 5 OZ (142g)

Nutrition Facts

Serving size
1 Tamale (156g)
Calories
per serving **220**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 11g	14%	Total Carbohydrate 28g	10%
Saturated Fat 1g	5%	Dietary Fiber 4g	14%
Trans Fat 0g		Total Sugars 4g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 550mg	24%	Protein 4g	
Vitamin D 0mcg 0% • Calcium 40mg 2% • Iron 0.8mg 4% • Potassium 270mg 6%			

*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.



Twin Pack | 2ct | Case of 6 | 10 OZ (284g)

Nutrition Facts

2 servings per container
Serving size
1 Tamale (156g)
Calories
220 440
per serving per container

	Per Serving % DV*	Per Container % DV*
Total Fat	12g 15%	23g 29%
Saturated Fat	1g 5%	1.5g 8%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	550mg 25%	1100mg 51%
Vitamin D	0mcg 0%	0mcg 0%
Calcium	40mg 4%	80mg 6%

	Per Serving % DV*	Per Container % DV*
Total Carb.	28g 10%	57g 21%
Dietary Fiber	4g 14%	8g 29%
Total Sugars	4g	8g
Incl. Added Sugars	0g 0%	0g 0%
Protein	4g	7g
Iron	0.8mg 4%	1.7mg 10%
Potassium	280mg 6%	550mg 10%

*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.





BREAKFAST SAUSAGE & CHEESE GLUTEN FREE

MASA (WATER, GROUND CORN FLOUR (CORN, LIME), CANOLA OIL, SEA SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), VEGETABLE BASE (VEGETABLES (CARROT, ONION, TOMATO, POTATO, GARLIC), SEA SALT, SPICES, TURMERIC, RICE CONCENTRATE), FILLING (BREAKFAST SAUSAGE (PORK, SEA SALT, SAGE, RED PEPPER, BLACK PEPPER, TURBINADO SUGAR), POTATOES, CHEDDAR AND JACK CHEESE (MILK, CULTURES, SALT, ENZYMES, ANNATTO (COLOR)), WHOLE MILK (MILK, VITAMIN D3), SEA SALT, SPICE, SAGE). CONTAINS: MILK

Single Serve | 1ct | Display case of 8 | 5 OZ (142g)

Nutrition Facts

Serving size
1 Tamale (142g)
Calories
per serving **290**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 19g	24%	Total Carbohydrate 23g	8%
Saturated Fat 4.5g	23%	Dietary Fiber 2g	7%
Trans Fat 0g		Total Sugars 1g	
Cholesterol 30mg	10%	Includes 0g Added Sugars	0%
Sodium 600mg	26%	Protein 10g	20%
Vitamin D 0.4mcg 2% • Calcium 30mg 2% • Iron 0.9mg 6% • Potassium 180mg 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.



GREEN CHILE CHICKEN GLUTEN FREE DAIRY FREE

MASA (WATER, GROUND CORN FLOUR (CORN, LIME), CANOLA OIL, SEA SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), VEGETABLE BASE (VEGETABLES (CARROT, ONION, TOMATO, POTATO, GARLIC), SEA SALT, SPICES, TURMERIC, RICE CONCENTRATE), FILLING (ALL WHITE CHICKEN MEAT, FIRE ROASTED HATCH GREEN CHILE (GREEN CHILE, LIME JUICE), TOMATO (DICED TOMATOES, TOMATO PUREE, SEA SALT, CITRIC ACID), ONIONS, SEA SALT, SPICE).

Single Serve | 1ct | Display case of 8 | 5 OZ (142g)

Nutrition Facts

Serving size
1 Tamale (142g)
Calories
per serving **260**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 15g	19%	Total Carbohydrate 21g	8%
Saturated Fat 2g	10%	Dietary Fiber 3g	11%
Trans Fat 0g		Total Sugars 2g	
Cholesterol 25mg	8%	Includes 0g Added Sugars	0%
Sodium 510mg	22%	Protein 12g	
Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 0.9mg 4% • Potassium 90mg 2%			

*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.





GREEN CHILE & CHEESE GLUTEN FREE VEGETARIAN

MASA (WATER, GROUND CORN FLOUR (CORN, LIME), SWEET KERNEL CORN, CANOLA OIL, SEA SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), VEGETABLE BASE (VEGETABLES (CARROT, ONION, TOMATO, POTATO, GARLIC), SEA SALT, SPICES, TURMERIC, RICE CONCENTRATE)), FILLING (FIRE ROASTED HATCH GREEN CHILE (GREEN CHILE, LIME JUICE), CHEDDAR AND JACK CHEESE (MILK, CULTURES, SALT, ENZYMES, ANNATTO (COLOR)), METHYLCELLULOSE). CONTAINS: MILK

Single Serve | 1ct | Display case of 8 | 5 OZ (142G)

Nutrition Facts

Serving size
1 Tamale (142g)
Calories
per serving **270**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 17g	22%	Total Carbohydrate 23g	8%
Saturated Fat 4.5g	23%	Dietary Fiber 4g	14%
Trans Fat 0g		Total Sugars 2g	
Cholesterol 25mg	8%	Includes 0g Added Sugars	0%
Sodium 400mg	17%	Protein 8g	

Vitamin D 0.8mcg 4% • Calcium 40mg 2% • Iron 0.4mg 2% • Potassium 150mg 4%



Twin Pack | 2ct | Case of 6 | 10 OZ (284g)

Nutrition Facts

2 servings per container
Serving size
1 Tamale (142g)
Calories
per serving **270** **540**
per serving per container

	Per Serving % DV	Per Container % DV
Total Fat	17g 22%	34g 44%
Saturated Fat	4.5g 23%	9g 46%
Trans Fat	0g	0g
Cholesterol	25mg 8%	50mg 17%
Sodium	400mg 17%	800mg 39%
Vitamin D	0.8mcg 4%	1.6mcg 6%
Calcium	40mg 2%	70mg 6%

	Per Serving % DV	Per Container % DV
Total Carb.	23g 8%	46g 17%
Dietary Fiber	4g 14%	7g 28%
Total Sugars	2g	0g
Incl. Added Sugars	0g 0%	0g 0%
Protein	8g	16g
Iron	0.4mg 2%	0.8mg 4%
Potassium	150mg 4%	290mg 6%



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GREEN CHILE PORK & CHEESE GLUTEN FREE

MASA (WATER, GROUND CORN FLOUR (CORN, LIME), CANOLA OIL, SEA SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), VEGETABLE BASE (VEGETABLES (CARROT, ONION, TOMATO, POTATO, GARLIC), SEA SALT, SPICES, TURMERIC, RICE CONCENTRATE)), FILLING (PORK MEAT, CHEDDAR AND JACK CHEESE (MILK, CULTURES, SALT, ENZYMES, ANNATTO (COLOR)), TOMATO (DICED TOMATOES, TOMATO PUREE, SEA SALT, CITRIC ACID), FIRE ROASTED HATCH GREEN CHILE (GREEN CHILE, LIME JUICE), ONIONS, SEA SALT, SPICE). CONTAINS: MILK

Single Serve | 1ct | Display case of 8 | 5 OZ (142G)

Nutrition Facts

Serving size
1 Tamale (142g)
Calories
per serving **310**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 19g	24%	Total Carbohydrate 22g	8%
Saturated Fat 4.5g	23%	Dietary Fiber 2g	7%
Trans Fat 0g		Total Sugars 1g	
Cholesterol 35mg	12%	Includes 0g Added Sugars	0%
Sodium 530mg	23%	Protein 12g	

Vitamin D 0.3mcg 2% • Calcium 40mg 2% • Iron 0.9mg 6% • Potassium 50mg 2%



Twin Pack | 2ct | Case of 6 | 10 OZ (284g)

Nutrition Facts

2 servings per container
Serving size
1 Tamale (142g)
Calories
per serving **310** **610**
per serving per container

	Per Serving % DV	Per Container % DV
Total Fat	19g 24%	38g 50%
Saturated Fat	4.5g 23%	9g 45%
Trans Fat	0g	0g
Cholesterol	35mg 12%	69mg 22%
Sodium	530mg 23%	1060mg 46%
Vitamin D	0.3mcg 2%	0.6mcg 2%
Calcium	40mg 2%	80mg 6%

	Per Serving % DV	Per Container % DV
Total Carb.	22g 8%	44g 16%
Dietary Fiber	2g 7%	5g 18%
Total Sugars	1g	3g
Incl. Added Sugars	0g 0%	0g 0%
Protein	12g	24g
Iron	0.9mg 6%	1.8mg 10%
Potassium	50mg 2%	100mg 2%



*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.



RED CHILE PORK GLUTEN FREE DAIRY FREE

MASA (WATER, GROUND CORN FLOUR (CORN, LIME), CANOLA OIL, RED CHILE, SEA SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), VEGETABLE BASE (VEGETABLES (CARROT, ONION, TOMATO, POTATO, GARLIC), SEA SALT, SPICES, TURMERIC, RICE CONCENTRATE)), FILLING (PORK MEAT, RED CHILE, SEA SALT, ONIONS, GARLIC POWDER).

Single Serve | 1ct | Display case of 8 | 5 OZ (142G)

Nutrition Facts

Serving size
1 Tamale (142g)
Calories
per serving **320**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 19g	24%	Total Carbohydrate 26g	9%
Saturated Fat 3.5g	18%	Dietary Fiber 5g	18%
Trans Fat 0g		Total Sugars 2g	
Cholesterol 30mg	10%	Includes 0g Added Sugars	0%
Sodium 840mg	37%	Protein 13g	

Vitamin D 0mcg 0% • Calcium 50mg 4% • Iron 2mg 10% • Potassium 10mg 0%



*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.



GET IN TOUCH

AVAILABILITY

Our products are available nationwide
through DOT Foods and other distributors

CONTACT US

For more information about our products,
email sales@tucsonfoods.com