

## Basic Masa Dough



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



26

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 ancho chiles
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 1.5 cups corn kernels fresh ( 3 ears)
- ☐ 3.8 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup lard chilled
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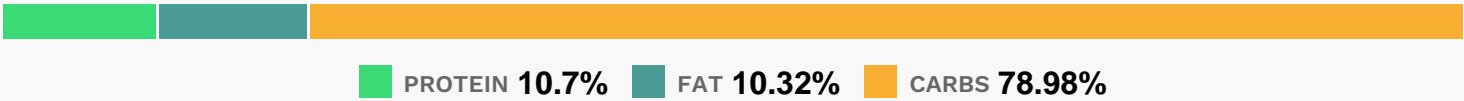
## Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ microwave
- ☐ measuring cup

## Directions

- ☐ Combine chicken broth and ancho chiles in a microwave-safe bowl. Microwave at HIGH for 2 minutes or until chiles are tender; cool slightly,
- ☐ Combine broth mixture and corn in a blender; process until smooth.
- ☐ Lightly spoon masa harina into dry measuring cups; level with a knife.
- ☐ Combine masa harina, salt, and baking powder, stirring well with a whisk.
- ☐ Cut in lard with a pastry blender or two knives until mixture resembles coarse meal.
- ☐ Add broth mixture to masa mixture; stir until a soft dough forms. Cover and chill until ready to use.

## Nutrition Facts



## Properties

Glycemic Index:3.54, Glycemic Load:0.06, Inflammation Score:-6, Nutrition Score:5.3965217678443%

## Nutrients (% of daily need)

Calories: 76.75kcal (3.84%), Fat: 0.93g (1.44%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 16.08g (5.36%), Net Carbohydrates: 14.08g (5.12%), Sugar: 1.66g (1.84%), Cholesterol: 0mg (0%), Sodium: 234.57mg (10.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Vitamin B1: 0.26mg (17.26%), Vitamin A: 763.97IU (15.28%), Vitamin B3: 2.11mg (10.56%), Vitamin B2: 0.17mg (10.18%), Folate: 39.43µg (9.86%), Iron: 1.49mg (8.27%), Fiber: 1.99g (7.97%), Manganese: 0.11mg (5.58%), Vitamin B6: 0.11mg (5.51%), Phosphorus: 53.89mg (5.39%), Magnesium: 21mg (5.25%), Selenium: 2.83µg (4.04%), Calcium: 38.08mg (3.81%), Potassium: 121.49mg (3.47%), Vitamin K: 2.94µg

(2.8%), Zinc: 0.37mg (2.44%), Copper: 0.04mg (2.18%), Vitamin C: 1.41mg (1.71%), Vitamin B5: 0.14mg (1.38%)