



WHATSheATE



Beef Fillet Marinated in Cholula Hot Sauce with Tamale and Achiote Paste

READY IN



75 min.

SERVINGS



4

CALORIES



833 kcal

SAUCE

Ingredients

- ☐ 1 ounce achiote paste
- ☐ 4 banana leaves
- ☐ 24 ounce beef fillets
- ☐ 4 ounces chicken broth
- ☐ 8 ounces masa
- ☐ 1 ounce garlic chopped
- ☐ 1 ounce garlic minced
- ☐ 4 servings olive oil

- ☐ 8 tablespoons olive oil
- ☐ 1 onion sliced
- ☐ 1 tablespoon pepper sauce hot
- ☐ 4 tablespoons pepper sauce hot
- ☐ 2 ounces bell peppers red sliced
- ☐ 4 servings salt and pepper
- ☐ 1 ounce thyme leaves chopped
- ☐ 3 ounces vegetable shortening
- ☐ 2 ounces bell pepper yellow sliced

Equipment

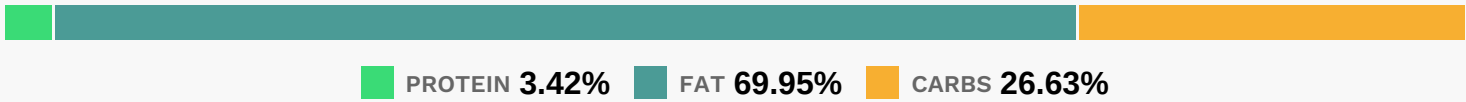
- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ To prepare the marinade, combine all of the ingredients together in a large container and marinate the beef for 2 hours in the refrigerator. Once the beef is marinated, sear the beef on both sides in a saute pan for approximately 10 minutes or until desired doneness.
- ☐ To make the tamale filling: In a saute pan, add enough olive oil to lightly coat the bottom of the pan and heat.
- ☐ Saute the peppers, garlic, onion, and hot sauce. Cook until the peppers are tender and set aside.
- ☐ To make the tamales, use a mixing bowl and combine the corn flour, vegetable shortening, chicken broth, achiote paste, and salt and pepper.
- ☐ Mix until a dough starts to form.
- ☐ Place the banana leaves on a flat surface and spread the tamale dough in the center of each leaf.
- ☐ Add the cooked peppers and fold the banana leaves around the tamale. Steam the tamales for 20 minutes.
- ☐ To serve, slice the tamales or cut them open and place in the center of each plate.

☐ Place the beef fillets to the side and serve.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:3.13, Inflammation Score:-9, Nutrition Score:20.042608710735%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 832.77kcal (41.64%), Fat: 66.82g (102.8%), Saturated Fat: 11.98g (74.9%), Carbohydrates: 57.22g (19.07%), Net Carbohydrates: 49.33g (17.94%), Sugar: 3.14g (3.49%), Cholesterol: 0.57mg (0.19%), Sodium: 740.88mg (32.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.72%), Vitamin C: 67.1mg (81.34%), Vitamin E: 7.69mg (51.27%), Vitamin K: 38.03µg (36.22%), Manganese: 0.71mg (35.61%), Vitamin B6: 0.69mg (34.61%), Fiber: 7.89g (31.55%), Calcium: 205.55mg (20.55%), Iron: 3.68mg (20.45%), Magnesium: 79.12mg (19.78%), Phosphorus: 165.97mg (16.6%), Vitamin B1: 0.23mg (15.44%), Selenium: 10.58µg (15.12%), Vitamin A: 725.41IU (14.51%), Folate: 55.03µg (13.76%), Potassium: 402.72mg (11.51%), Copper: 0.22mg (11.03%), Zinc: 1.56mg (10.39%), Vitamin B2: 0.15mg (9.06%), Vitamin B3: 1.5mg (7.48%), Vitamin B5: 0.46mg (4.61%)