



Butternut Squash Tamales



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



12

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon chipotle en adobo sauce canned for filling (chiles)
- ☐ 2 cups butternut squash diced
- ☐ 0.3 cup capers
- ☐ 2 chipotle chiles in adobo sliced
- ☐ 16 corn husks soft for smaller tamales (soaked in water until
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 4 cloves garlic minced

- ☐ 0.5 cup golden raisins
- ☐ 1 teaspoon ground cumin
- ☐ 12 servings hot sauce for serving, optional
- ☐ 2 teaspoon kosher salt
- ☐ 3 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup olives spanish with pimientos, chopped
- ☐ 1 orange zest finely grated
- ☐ 0.5 cup scallion white green chopped (and)
- ☐ 1 small bunch scallions white green finely chopped (and)
- ☐ 1 cup vegetable broth
- ☐ 3 cups vegetable broth
- ☐ 0.5 cup vegetable oil

Equipment

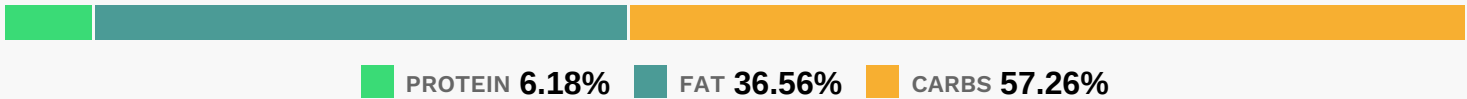
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ plastic wrap
- ☐ slotted spoon
- ☐ cutting board
- ☐ steamer basket

Directions

- ☐ For dough: Put butternut squash in a medium pot with broth, scallion, adobo sauce, garlic, salt, and cumin. Bring to a simmer and cook until squash is tender, about 15 minutes.

- ☐ Remove the squash with a slotted spoon, and reserve the broth. Set aside half of the squash for the filling, then mash the remaining squash is a large bowl.
- ☐ Mix in the masa with a fork. Slowly pour the seasoned broth over the filling, mixing with a fork (or hands) until smooth. Slowly stir in oils, a little at a time until dough is soft and moist. Cover with plastic wrap, set aside.
- ☐ Heat the oil in a large skillet over medium heat.
- ☐ Add the scallions, garlic, chiles, cumin and salt and cook until soft, about 1 minute,.
- ☐ Add reserved squash, olives, raisins, capers, and cook, stirring gently, until well combined, about 1 minute longer.
- ☐ Add broth and orange zest and cook, stirring occasionally until broth is slightly absorbed, about 2 minutes. Stir in cilantro, remove from heat.
- ☐ Cut 2 husks into 24-inch lengths about 1/2-inch wide.
- ☐ Place other soaked corn husks on cutting board, open side up.
- ☐ Place about a 1/4 cup dough in the center of each husk, leaving enough corn husk free to enclose tamale. Spoon 2 to 3 tablespoons filling on top. Then cover filling with about 2 to 3 tablespoons more of dough. Wrap the husks around the filling and twist and tie ends with reserved strips to make party favor shaped tamales.
- ☐ Set up a 10-inch steamer basket.
- ☐ Lay tamales in steamer, cover and cook until the husks get slightly translucent, about 50 minutes.
- ☐ Remove tamales from steamer, and let rest for 5 to 10 minutes before serving with additional hot sauce if desired.
- ☐ Halloween 2008 Web

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:3.27, Inflammation Score:-9, Nutrition Score:12.341739198436%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 5.04mg, Kaempferol: 5.04mg, Kaempferol: 5.04mg, Kaempferol: 5.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg

Nutrients (% of daily need)

Calories: 217.94kcal (10.9%), Fat: 9.27g (14.26%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 32.67g (10.89%), Net Carbohydrates: 29.23g (10.63%), Sugar: 5.17g (5.74%), Cholesterol: 0mg (0%), Sodium: 1154.61mg (50.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.05%), Vitamin A: 2851.8IU (57.04%), Vitamin B1: 0.46mg (30.38%), Vitamin K: 22.8µg (21.71%), Folate: 71.92µg (17.98%), Vitamin B3: 3.29mg (16.45%), Iron: 2.88mg (16.01%), Vitamin B2: 0.26mg (15.34%), Fiber: 3.44g (13.75%), Manganese: 0.24mg (12.02%), Vitamin B6: 0.22mg (10.97%), Vitamin E: 1.56mg (10.42%), Vitamin C: 8.59mg (10.41%), Magnesium: 41.35mg (10.34%), Phosphorus: 82.75mg (8.27%), Calcium: 70.45mg (7.05%), Potassium: 240.67mg (6.88%), Selenium: 4.56µg (6.52%), Copper: 0.12mg (6.23%), Zinc: 0.64mg (4.28%), Vitamin B5: 0.18mg (1.81%)