



## Chicken Tamale in a Skillet

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14.5 ounce canned tomatoes whole undrained chopped canned
- 1 tablespoon chili powder
- 0.5 cup coarse cornmeal yellow
- 0.3 cup cilantro leaves fresh chopped
- 1 cup corn kernels fresh thawed
- 1 large clove garlic minced
- 0.5 teaspoon ground cumin
- 0.3 cup yogurt plain low-fat

- 0.5 cup no-salt-added chicken broth undiluted canned
- 0.3 cup olives ripe drained sliced
- 1 cup onion finely chopped
- 0.5 teaspoon oregano dried
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 1 ounce sharp cheddar cheese shredded reduced-fat
- 12 ounce skinned
- 2 cups water
- 2 tablespoons water

## Equipment

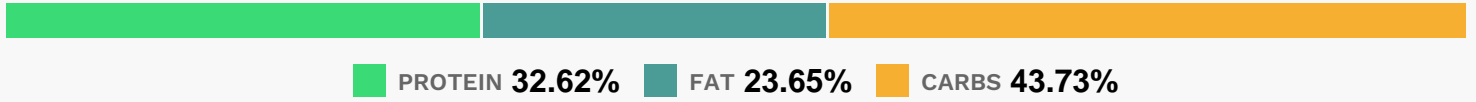
- bowl
- frying pan
- sauce pan

## Directions

- Combine chicken and water in a medium saucepan. Bring to a boil; cover, reduce heat, and simmer 15 minutes or until chicken is tender.
- Remove chicken from water; drain and finely shred. Discard water.
- Coat a medium nonstick skillet with cooking spray.
- Place over medium-high heat until hot; add onion, and saute until crisp-tender.
- Add garlic and next 3 ingredients; cook 2 minutes. Stir in chicken, chili powder, and next 4 ingredients. Bring to a boil, reduce heat, and simmer 5 minutes.
- Combine cornmeal, broth, and yogurt in a small bowl.
- Pour 2/3 cup of cornmeal mixture into chicken mixture, and simmer 5 minutes. Smooth top of mixture and arrange sliced olives over top.
- Drizzle remaining cornmeal mixture over top and sprinkle with cheese. Cover, reduce heat, and simmer 20 minutes.
- Remove from heat, and let stand, covered, 10 minutes.

Sprinkle with cilantro, and serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:66.13, Glycemic Load:11.71, Inflammation Score:-8, Nutrition Score:22.632608584736%

### Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg

### Nutrients (% of daily need)

Calories: 320.81kcal (16.04%), Fat: 8.75g (13.45%), Saturated Fat: 2.71g (16.96%), Carbohydrates: 36.39g (12.13%), Net Carbohydrates: 29.99g (10.91%), Sugar: 10.52g (11.69%), Cholesterol: 62.74mg (20.91%), Sodium: 628.77mg (27.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.14g (54.27%), Vitamin B3: 12.03mg (60.14%), Vitamin B6: 1.07mg (53.36%), Selenium: 32.75µg (46.78%), Phosphorus: 380.46mg (38.05%), Potassium: 973.9mg (27.83%), Manganese: 0.52mg (26.02%), Fiber: 6.39g (25.57%), Magnesium: 94.34mg (23.58%), Vitamin A: 1097.96IU (21.96%), Vitamin B5: 2.11mg (21.08%), Vitamin C: 16.61mg (20.13%), Vitamin B1: 0.29mg (19.19%), Copper: 0.37mg (18.69%), Vitamin E: 2.78mg (18.51%), Iron: 3.29mg (18.28%), Vitamin B2: 0.3mg (17.39%), Calcium: 162.44mg (16.24%), Zinc: 2.23mg (14.86%), Folate: 52.16µg (13.04%), Vitamin K: 13.15µg (12.52%), Vitamin B12: 0.39µg (6.48%)