



Chicken Tamale Pie

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce black beans drained and rinsed canned
- 12 ounces meat from a rotisserie chicken diced cooked
- 1.5 cups chicken broth
- 1 tablespoon chili powder
- 0.8 cup cornmeal
- 6 servings kosher salt and pepper black freshly ground
- 1.5 cups salsa prepared
- 2 scallions white green sliced (and parts)

- 1 cup sharp cheddar cheese shredded
- 6 servings cup heavy whipping cream sour for serving
- 1 tablespoon butter unsalted

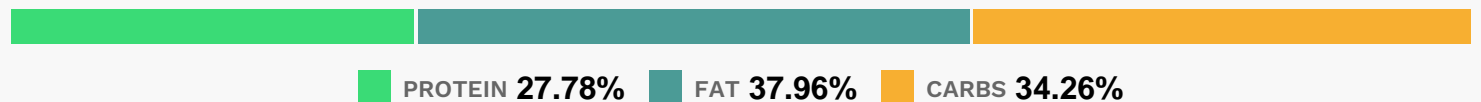
Equipment

- frying pan
- oven

Directions

- Preheat the oven to 400 degrees F.
- Heat the chicken, salsa, beans, 1/2 cup of the broth and the chili powder in a 10-inch cast-iron skillet over medium heat, stirring, until simmering. Stir in the scallions and remove from the heat.
- Meanwhile, combine the cornmeal with the remaining 1 cup broth and 1 cup water in a medium pan. Bring to a simmer over medium heat, stirring, until very thick, 5 to 7 minutes.
- Remove from the heat and stir in the cheese and butter. Season with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Spread the cornmeal mixture over the filling and bake until cooked through, about 30 minutes.
- Let stand for 15 minutes.
- Serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:26.58, Glycemic Load:8.84, Inflammation Score:-8, Nutrition Score:18.166521746179%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 380.5kcal (19.02%), Fat: 16.21g (24.93%), Saturated Fat: 7.37g (46.06%), Carbohydrates: 32.9g (10.97%), Net Carbohydrates: 24.38g (8.87%), Sugar: 3.7g (4.11%), Cholesterol: 74.63mg (24.88%), Sodium: 1109.51mg (48.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.69g (53.38%), Phosphorus: 354.85mg (35.48%), Fiber: 8.52g (34.09%), Selenium: 22.98µg (32.83%), Vitamin B3: 6.45mg (32.27%), Vitamin B6: 0.55mg (27.59%), Manganese: 0.45mg (22.39%), Vitamin A: 1096.8IU (21.94%), Vitamin B2: 0.36mg (21.31%), Calcium: 206.91mg (20.69%), Magnesium: 77.61mg (19.4%), Zinc: 2.84mg (18.93%), Potassium: 658.84mg (18.82%), Iron: 3.28mg (18.22%), Vitamin B1: 0.24mg (16.18%), Folate: 63.12µg (15.78%), Copper: 0.29mg (14.71%), Vitamin K: 13.42µg (12.78%), Vitamin E: 1.66mg (11.08%), Vitamin B5: 1.07mg (10.73%), Vitamin B12: 0.41µg (6.75%), Vitamin C: 4.02mg (4.87%)