



Chipotle Beef Tamales



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 7 ounce chipotle sauce canned
- ☐ 24 corn husks dried
- ☐ 3 garlic cloves minced
- ☐ 1 pound ground sirloin
- ☐ 4.5 cups basic masa dough
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 teaspoon salt

- ☐ 2 cups water hot

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Place corn husks in a large bowl; cover with water. Weight husks down with a can; soak 30 minutes.
- ☐ Drain husks.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion to pan; saut 3 minutes.
- ☐ Add garlic; saut 1 minute, stirring frequently.
- ☐ Add oregano, salt, and beef; cook 8 minutes or until beef is browned, stirring to crumble.
- ☐ Add chipotle sauce; cook 2 minutes, stirring frequently.
- ☐ Preheat oven to 45
- ☐ Working with one husk at a time, place about 3 tablespoons Basic Masa Dough in the center of husk about 1/2 inch from top of husk; press dough into a 4-inch-long by 3-inch-wide rectangle. Spoon about 1 heaping tablespoon beef mixture down one side of dough. Using the corn husk as your guide, fold husk over tamale, being sure to cover filling with dough; fold over 1 more time. Fold bottom end of husk under.
- ☐ Place tamale, seam side down, on the rack of a broiler pan lined with a damp towel. Repeat procedure with remaining husks, Basic Masa Dough, and filling. Cover filled tamales with another damp towel.
- ☐ Pour 2 cups hot water in the bottom of a broiler pan; top with prepared rack.
- ☐ Steam tamales at 450 for 55 minutes, adding water as necessary to maintain a depth of about 1/2 inch.
- ☐ Let the tamales stand for 10 minutes.

Nutrition Facts



 **PROTEIN 17.31%**  **FAT 25.54%**  **CARBS 57.15%**

Properties

Glycemic Index:5.17, Glycemic Load:0.35, Inflammation Score:-6, Nutrition Score:13.064782567646%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 255.22kcal (12.76%), Fat: 7.34g (11.3%), Saturated Fat: 2.45g (15.33%), Carbohydrates: 36.98g (12.33%), Net Carbohydrates: 32.28g (11.74%), Sugar: 1.68g (1.87%), Cholesterol: 25.7mg (8.57%), Sodium: 78.37mg (3.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.2g (22.41%), Vitamin B1: 0.65mg (43.62%), Vitamin B3: 6.03mg (30.16%), Iron: 4.49mg (24.95%), Vitamin B2: 0.41mg (23.94%), Folate: 94.57µg (23.64%), Fiber: 4.7g (18.81%), Vitamin B6: 0.36mg (18.04%), Selenium: 12.14µg (17.34%), Zinc: 2.5mg (16.69%), Phosphorus: 161.38mg (16.14%), Vitamin B12: 0.82µg (13.67%), Magnesium: 48.93mg (12.23%), Manganese: 0.23mg (11.65%), Calcium: 72.11mg (7.21%), Potassium: 248.52mg (7.1%), Copper: 0.12mg (5.86%), Vitamin B5: 0.31mg (3.12%), Vitamin A: 95.48IU (1.91%), Vitamin K: 1.59µg (1.52%), Vitamin C: 1.22mg (1.48%), Vitamin E: 0.17mg (1.16%)