



Chipotle Tamale Pie

READY IN



45 min.

SERVINGS



8

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.5 tablespoons butter melted
- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup cilantro leaves fresh divided chopped
- ☐ 0.8 cup bell pepper green chopped
- ☐ 0.8 pound ground round
- ☐ 1 tablespoons hot sauce (such as La Preferidia)

- ☐ 0.7 cup milk 1% low-fat
- ☐ 1.8 cups onion chopped
- ☐ 15.5 ounce 1 (15 1/2-ounce) can pinto beans in zesty sauce (such as s&w) undrained canned (such as S&W)
- ☐ 0.5 cup bottled salsa
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 0.8 cup cornmeal yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add onion, bell pepper, and beef; cook 5 minutes or until meat is browned, stirring to crumble. Stir in the salsa, chipotle sauce, beans, and tomatoes; cook 5 minutes, stirring occasionally. Stir in 1/2 cup cilantro. Spoon beef mixture into a 3-quart casserole.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 4 ingredients (flour through salt) in a large bowl.
- ☐ Add 1/4 cup cilantro, milk, butter, and egg; stir until well-blended. Spoon the batter over beef mixture; spread evenly.
- ☐ Bake at 400 for 35 minutes or until golden.

Nutrition Facts



 PROTEIN **21.86%**  FAT **22.06%**  CARBS **56.08%**

Properties

Glycemic Index:60.76, Glycemic Load:21.5, Inflammation Score:-7, Nutrition Score:20.376521794692%

Flavonoids

Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

Nutrients (% of daily need)

Calories: 354.27kcal (17.71%), Fat: 8.81g (13.55%), Saturated Fat: 3.68g (23.03%), Carbohydrates: 50.37g (16.79%), Net Carbohydrates: 41.45g (15.07%), Sugar: 9.19g (10.21%), Cholesterol: 57.52mg (19.17%), Sodium: 534.2mg (23.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.63g (39.27%), Folate: 150.5µg (37.63%), Fiber: 8.92g (35.67%), Manganese: 0.64mg (32%), Phosphorus: 300.06mg (30.01%), Vitamin B6: 0.58mg (29.19%), Selenium: 19.68µg (28.11%), Vitamin C: 20.92mg (25.35%), Vitamin B1: 0.38mg (25%), Iron: 4.39mg (24.36%), Zinc: 3.57mg (23.82%), Vitamin B3: 4.59mg (22.94%), Potassium: 759.7mg (21.71%), Magnesium: 76.87mg (19.22%), Vitamin B12: 1.12µg (18.66%), Vitamin B2: 0.3mg (17.53%), Copper: 0.35mg (17.29%), Calcium: 154mg (15.4%), Vitamin E: 1.79mg (11.91%), Vitamin K: 11.83µg (11.27%), Vitamin A: 482.61IU (9.65%), Vitamin B5: 0.94mg (9.38%), Vitamin D: 0.38µg (2.56%)