



Chipotle Tamale Pie

READY IN



65 min.

SERVINGS



8

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chipotle sauce canned
- ☐ 15 ounce pinto beans drained and rinsed canned
- ☐ 8 ounce canned tomatoes diced canned
- ☐ 1 cup cheddar grated
- ☐ 8.5 ounce just-add-water cornbread mix
- ☐ 1 eggs
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves finely minced
- ☐ 1 bell pepper diced green

- ☐ 2 teaspoons ground cumin
- ☐ 1 pound pd of ground turkey lean
- ☐ 0.3 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon butter unsalted at room temperature
- ☐ 1 medium onion yellow chopped

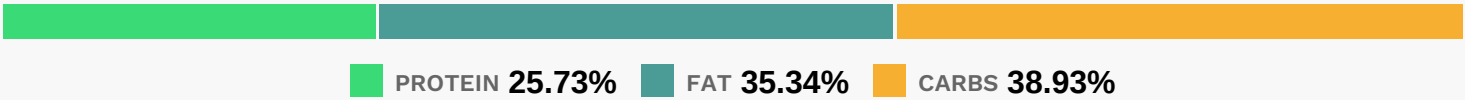
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Grease an 8-inch baking dish with the butter and set it aside.
- ☐ Heat the olive oil in a nonstick skillet over medium heat.
- ☐ Add the ground turkey, the onions, green peppers, and garlic and cook until the turkey is no longer pink and is cooked through, about 8 minutes.
- ☐ Drain off any excess fat and sprinkle the meat mixture with the cumin.
- ☐ Add the beans, tomatoes, chiles and adobo sauce to the skillet and bring to a boil over high heat. Reduce the heat to medium and simmer until heated through and slightly thickened, about 5 minutes.
- ☐ Remove pan from the heat and stir in the cheese and cilantro.
- ☐ Spread the turkey mixture in the prepared baking dish, pressing down on it with the back of a spoon to make an even, compact layer.
- ☐ Combine the cornbread mix with milk and egg.
- ☐ Spread the cornbread batter over the turkey mixture and bake until the cornbread is golden-brown, 20 to 25 minutes.
- ☐ Let the tamale pie stand for 5 minutes before cutting into squares and serving.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:3.79, Inflammation Score:-6, Nutrition Score:17.199565410614%

Flavonoids

Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 355.88kcal (17.79%), Fat: 14.14g (21.75%), Saturated Fat: 5.52g (34.48%), Carbohydrates: 35.04g (11.68%), Net Carbohydrates: 29.14g (10.6%), Sugar: 9.69g (10.77%), Cholesterol: 71.35mg (23.78%), Sodium: 561.63mg (24.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.15g (46.3%), Phosphorus: 431.33mg (43.13%), Vitamin B3: 7.15mg (35.75%), Vitamin B6: 0.69mg (34.72%), Selenium: 20.49µg (29.28%), Fiber: 5.9g (23.6%), Vitamin C: 16.53mg (20.04%), Manganese: 0.39mg (19.6%), Calcium: 180.71mg (18.07%), Iron: 3mg (16.67%), Vitamin B2: 0.28mg (16.4%), Vitamin B1: 0.24mg (16.32%), Potassium: 528.49mg (15.1%), Zinc: 2.26mg (15.05%), Folate: 59.39µg (14.85%), Magnesium: 57.75mg (14.44%), Copper: 0.23mg (11.47%), Vitamin B5: 1.02mg (10.19%), Vitamin B12: 0.57µg (9.55%), Vitamin K: 9.98µg (9.51%), Vitamin A: 470.6IU (9.41%), Vitamin E: 1.31mg (8.71%), Vitamin D: 0.56µg (3.73%)