

Chorizo Tamales



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chiles in adobo sauce
- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cups chicken stock see
- ☐ 2 chipotle sauce
- ☐ 36 corn husks dried
- ☐ 2 cups corn frozen
- ☐ 2 pounds cornmeal finely
- ☐ 0.5 pound chorizo sausage cut

- ☐ 2 tablespoons olive oil
- ☐ 3 teaspoons salt
- ☐ 0.8 cup shortening cooled melted

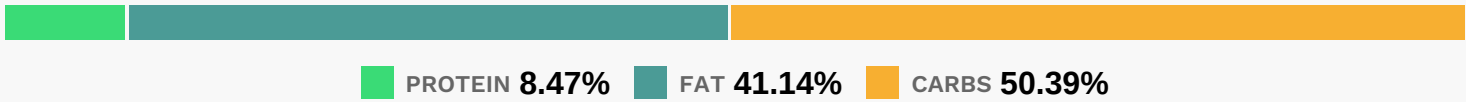
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Soak 24 of the husks in warm water for 1 hour. Tear 2 husks lengthwise into 24 (1/2-inch-wide) strings.
- ☐ Toss the frozen corn with the oil and 1 teaspoon of the salt, then spread it over a cookie sheet.
- ☐ Roast in a 400°F oven until golden brown, about 20 minutes.
- ☐ Puree the chilies with the adobo sauce. In a small bowl, combine the chorizo and chili puree.
- ☐ In a large bowl, combine the cornmeal, baking powder, and the remaining salt.
- ☐ Add the shortening, chorizo mixture, and corn. Stir in the stock gradually until the mixture has the consistency of mashed potatoes.
- ☐ Spoon 1/4 cup of the filling into the center of each husk.
- ☐ Roll to form a cylinder, fold the ends over, and tie with the husk strings.
- ☐ Line a steamer with some of the remaining husks, add the tamales, and cover with more husks and the lid. Steam until tender, 1 to 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:40.13, Glycemic Load:99.41, Inflammation Score:-8, Nutrition Score:36.404347668523%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 1503.94kcal (75.2%), Fat: 69.6g (107.07%), Saturated Fat: 18.11g (113.21%), Carbohydrates: 191.79g (63.93%), Net Carbohydrates: 167.04g (60.74%), Sugar: 6.12g (6.8%), Cholesterol: 41.8mg (13.93%), Sodium: 3710.04mg (161.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.23g (64.46%), Fiber: 24.75g (99.01%), Manganese: 1.59mg (79.45%), Vitamin B6: 1.52mg (76.14%), Magnesium: 274.4mg (68.6%), Phosphorus: 667.42mg (66.74%), Vitamin B1: 0.8mg (53.18%), Zinc: 7.72mg (51.46%), Iron: 8.79mg (48.81%), Vitamin B3: 7.98mg (39.89%), Copper: 0.63mg (31.38%), Potassium: 1053.69mg (30.11%), Vitamin E: 4.46mg (29.76%), Folate: 113.92µg (28.48%), Vitamin K: 25.93µg (24.69%), Selenium: 15.87µg (22.67%), Calcium: 219.02mg (21.9%), Vitamin C: 16.87mg (20.45%), Vitamin B2: 0.34mg (19.84%), Vitamin B5: 1.85mg (18.53%), Vitamin A: 310.52IU (6.21%)