



# Cinnamon-Spiced Chocolate Tamales

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



110 min.

SERVINGS



26

CALORIES



330 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

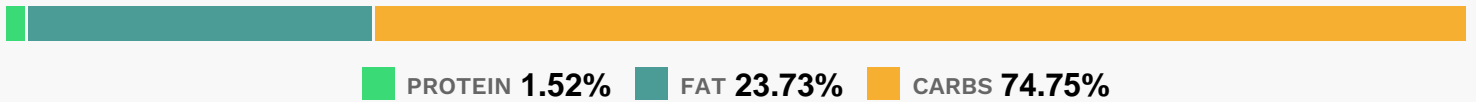
- 52 corn husks
- 7 cups tamale dough (mixed with 2 tbsp. cinnamon sugar in with dough) prepared
- 1 cup baker's angel flake coconut
- 16 oz baker's semi-sweet chocolate (chopped)

## Equipment

## Directions

- Soak corn husks in hot water 30 min.; drain.
- Spread 2 Tbsp. tamale dough into 3x2-inch rectangle down center of each husk, leaving about 2-inch uncovered space at top of husk.
- Spoon 1 Tbsp. chocolate and 1 tsp. coconut down center of each husk; fold over sides, then both ends of husk to enclose filling.
- Steam in a tamalera 1 hour or until done, adding water when needed. (Tamales are cooked when they pull away from husks.) Cool slightly.

## Nutrition Facts



### Properties

Glycemic Index:2.7, Glycemic Load:37.59, Inflammation Score:-1, Nutrition Score:3.2743478101557%

### Nutrients (% of daily need)

Calories: 329.9kcal (16.49%), Fat: 8.97g (13.79%), Saturated Fat: 5.71g (35.71%), Carbohydrates: 63.55g (21.18%), Net Carbohydrates: 61.62g (22.41%), Sugar: 60.38g (67.09%), Cholesterol: 1.05mg (0.35%), Sodium: 3.49mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15mg (5%), Protein: 1.29g (2.59%), Manganese: 0.32mg (16.15%), Copper: 0.25mg (12.38%), Magnesium: 33.65mg (8.41%), Fiber: 1.93g (7.71%), Iron: 1.24mg (6.88%), Phosphorus: 52.09mg (5.21%), Zinc: 0.53mg (3.56%), Selenium: 2.39µg (3.42%), Potassium: 117.75mg (3.36%), Vitamin B2: 0.02mg (1.3%), Calcium: 12.2mg (1.22%), Vitamin K: 1.27µg (1.21%)