



 **41%**  
HEALTH SCORE

## Corn and Green Chili Tamale Casserole

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**1116 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 servings avocado
- 24 ounce beef frozen
- 1.5 teaspoons chili powder
- 4 ounce pepper flakes diced green canned
- 1 cup cilantro leaves fresh chopped
- 10 ounce regular corn white yellow frozen
- 3 spring onion chopped
- 1 teaspoon ground cumin

- 0.3 teaspoon pepper black
- 2 cups monterrey jack cheese grated
- 7 ounce salsa verde canned
- 0.3 teaspoon salt
- 1 cup whipping cream

## Equipment

- bowl
- oven
- whisk
- microwave
- pie form

## Directions

- Preheat oven to 375°F.
- Place frozen tamales in microwave and cook on high until thawed, about 5 minutes.
- Remove husks.
- Cut tamales in half lengthwise.
- Place in single layer in 10-inch-diameter glass pie dish.
- Sprinkle with frozen corn, chilies, green onions and 1/2 cup cilantro.
- Whisk cream, salsa verde, chili powder, cumin, salt and pepper in medium bowl to blend.
- Drizzle over casserole.
- Sprinkle grated cheese over top.
- Bake casserole until heated through and bubbling, about 35 minutes.
- Sprinkle with 1/2 cup cilantro.
- Serve with avocado and more salsa, if desired.

## Nutrition Facts



■ PROTEIN 17.64% ■ FAT 70.9% ■ CARBS 11.46%

## Properties

Glycemic Index:67.13, Glycemic Load:9.25, Inflammation Score:-9, Nutrition Score:41.703043149865%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

## Nutrients (% of daily need)

Calories: 1115.89kcal (55.79%), Fat: 89.54g (137.75%), Saturated Fat: 39.84g (249.01%), Carbohydrates: 32.55g (10.85%), Net Carbohydrates: 23.04g (8.38%), Sugar: 10.81g (12.01%), Cholesterol: 238.29mg (79.43%), Sodium: 997.79mg (43.38%), Alcohol: 0g (100%), Protein: 50.14g (100.28%), Vitamin C: 59.69mg (72.36%), Vitamin B12: 4.2µg (70.07%), Phosphorus: 683.08mg (68.31%), Zinc: 10.21mg (68.09%), Vitamin K: 63.69µg (60.65%), Vitamin B6: 1.14mg (57.18%), Vitamin A: 2810.55IU (56.21%), Vitamin B3: 10.77mg (53.85%), Calcium: 526.41mg (52.64%), Selenium: 36.45µg (52.07%), Vitamin B2: 0.8mg (47.14%), Potassium: 1463.99mg (41.83%), Fiber: 9.52g (38.07%), Folate: 136.8µg (34.2%), Vitamin B5: 3.17mg (31.7%), Iron: 5.61mg (31.14%), Vitamin E: 4.17mg (27.83%), Magnesium: 108.29mg (27.07%), Copper: 0.42mg (20.99%), Manganese: 0.41mg (20.72%), Vitamin B1: 0.26mg (17.31%), Vitamin D: 1.46µg (9.74%)