



## Cuban Tamales

 Gluten Free

READY IN



105 min.

SERVINGS



45

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup butter melted
- 30 corn husks
- 2 cups regular corn frozen thawed
- 4 cloves garlic
- 1 bell pepper green chopped
- 1 Tbsp ground cumin
- 2 Tbsp sofrito sauce base (recañto)
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft

- 2 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- 0.5 lb pork loin finely chopped
- 0.5 cup water

## Equipment

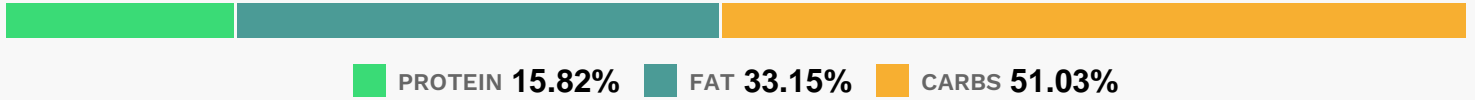
- bowl
- frying pan
- pot
- blender
- cutting board

## Directions

- Soak corn husks in hot water 30 min., placing plate on top of husks to weigh them down.
- Meanwhile, blend corn in blender until pureed; pour into large bowl. Gradually stir in masa harina, butter and enough water to form a stiff dough, stirring until mixture is well blended; set aside.
- Heat dressing and sofrito sauce in large skillet on medium-high heat.
- Add peppers; cook and stir 3 min.
- Add meat; cook and stir 5 min. or until meat is done. Cool.
- Place 1 corn husk on cutting board with pointed end facing you.
- Place another corn husk on top, with pointed end facing away from you.
- Spread 1/4 cup masa dough in center of husk; top with 2 Tbsp. meat mixture. Press meat gently into masa dough. Fold corn husks over filling, completely enclosing filling; tie with strips of some of the remaining corn husks to secure. Repeat to make 10 tamales.
- Add 2 cups water, cumin and garlic to large tamalera pot. Line bottom of tamalera basket with remaining corn husks; add tamales.
- Place in tamalera pot; cover with lid.
- Bring water to boil; adjust heat to maintain gentle boil. Steam 1 hour or until tamales pull away from corn husks, adding more water to pot when necessary.

Remove tamales from tamalera; cool slightly.

## Nutrition Facts



### Properties

Glycemic Index:2.11, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.2739130452923%

### Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

### Nutrients (% of daily need)

Calories: 46.75kcal (2.34%), Fat: 1.79g (2.76%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 6.21g (2.07%), Net Carbohydrates: 5.61g (2.04%), Sugar: 0.36g (0.41%), Cholesterol: 5.89mg (1.96%), Sodium: 32.64mg (1.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.85%), Vitamin B1: 0.11mg (7.19%), Vitamin B3: 0.94mg (4.69%), Vitamin B6: 0.09mg (4.3%), Folate: 13.85µg (3.46%), Vitamin B2: 0.06mg (3.44%), Vitamin C: 2.75mg (3.34%), Selenium: 2.25µg (3.21%), Iron: 0.56mg (3.12%), Phosphorus: 30.66mg (3.07%), Fiber: 0.59g (2.38%), Manganese: 0.05mg (2.36%), Magnesium: 9.3mg (2.33%), Potassium: 63.22mg (1.81%), Zinc: 0.25mg (1.66%), Vitamin A: 54.62IU (1.09%), Copper: 0.02mg (1.01%)