



Goat Cheese Tamales with Olives and Raisins



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 corn husks dried
- ☐ 3 ounces weight cream cheese fat-free
- ☐ 2 egg whites
- ☐ 3 ounce goat cheese
- ☐ 1 cup golden raisins
- ☐ 0.5 cup spring onion sliced
- ☐ 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
- ☐ 6 olives spanish coarsely chopped

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cream fat-free sour
- ☐ 2 cups water hot

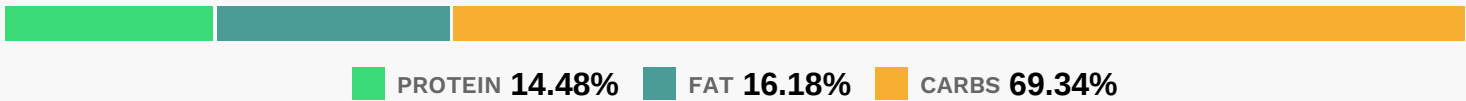
Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Place corn husks in a large bowl; cover with water. Weight husks down with a can; soak 30 minutes.
- ☐ Drain husks.
- ☐ Preheat oven to 45
- ☐ Combine raisins and next 7 ingredients (through cream cheese), stirring well to combine. Working with one husk at a time, place 3 tablespoons Basic Masa Dough in the center of husk about 1/2 inch from top of husk; press dough into a 4-inch-long by 3-inch-wide rectangle. Spoon about 1 tablespoon cheese mixture down one side of dough. Using the corn husk as your guide, fold husk over tamale, being sure to cover filling with dough; fold over 1 more time. Fold bottom end of husk under.
- ☐ Place tamale, seam side down, on the rack of a broiler pan lined with a damp towel. Repeat procedure with remaining husks, Basic Masa Dough, and filling. Cover filled tamales with another damp towel.
- ☐ Pour 2 cups hot water in the bottom of a broiler pan; top with prepared rack.
- ☐ Steam tamales at 450 for 55 minutes, adding water as necessary to maintain a depth of about 1/2 inch.
- ☐ Let tamales stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:11.08, Glycemic Load:7.85, Inflammation Score:-5, Nutrition Score:10.243043403263%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 213.56kcal (10.68%), Fat: 4.01g (6.18%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 38.72g (12.91%), Net Carbohydrates: 35.91g (13.06%), Sugar: 11.65g (12.94%), Cholesterol: 6.81mg (2.27%), Sodium: 263.37mg (11.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.17%), Vitamin B1: 0.44mg (29.38%), Vitamin B2: 0.38mg (22.44%), Folate: 70.29µg (17.57%), Phosphorus: 175.04mg (17.5%), Vitamin B3: 3.16mg (15.8%), Iron: 2.8mg (15.53%), Vitamin K: 13.83µg (13.17%), Calcium: 117.95mg (11.8%), Vitamin B6: 0.23mg (11.62%), Fiber: 2.81g (11.24%), Copper: 0.22mg (11%), Manganese: 0.21mg (10.33%), Magnesium: 40.61mg (10.15%), Selenium: 6.88µg (9.83%), Potassium: 282.51mg (8.07%), Zinc: 0.9mg (5.99%), Vitamin A: 268.87IU (5.38%), Vitamin B5: 0.26mg (2.61%), Vitamin B12: 0.15µg (2.49%), Vitamin C: 1.75mg (2.13%), Vitamin E: 0.19mg (1.28%)