



Green Chile Tamale Pie

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter melted
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 cup baby lima beans frozen
- ☐ 3 garlic cloves minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 8 ounces ground sirloin

- ☐ 1 teaspoon kosher salt divided
- ☐ 4 lime wedges
- ☐ 1 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion chopped
- ☐ 1 poblano chile seeded chopped
- ☐ 1 ounce queso fresco crumbled
- ☐ 8 ounces tomatillos chopped (8 small)
- ☐ 1 cup water boiling

Equipment

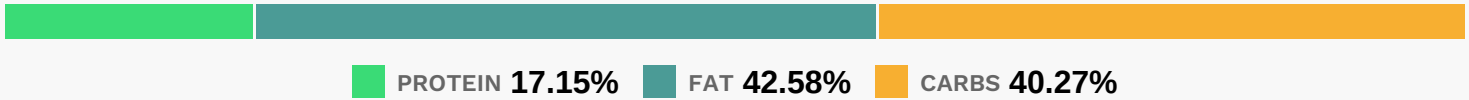
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Combine the masa harina, 1/4 teaspoon salt, and ground red pepper, stirring well with a whisk.
- ☐ Add 1 cup boiling water to masa mixture, and stir until a soft dough forms. Cover until ready to use.
- ☐ Heat a 9-inch cast-iron skillet over medium-high heat.
- ☐ Add olive oil to pan; swirl to coat.
- ☐ Add beef to pan; cook 5 minutes or until browned, stirring to crumble.
- ☐ Add onion, garlic, poblano chile, remaining 3/4 teaspoon salt, and black pepper to pan; saut 5 minutes or until onion is tender, stirring frequently.
- ☐ Add tomatillos and lima beans to pan, and cook for 2 minutes.
- ☐ Remove from heat.

- ☐
- Add butter and baking powder to masa mixture, stirring until smooth. Dollop batter over filling, and spread into an even layer. Cover pan with foil; bake at 400 for 30 minutes. Uncover and bake an additional 10 minutes or until crust is lightly browned around edges.
- ☐
- Remove from oven; let stand 3 minutes.
- ☐
- Sprinkle with crumbled queso fresco and cilantro; serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:84.25, Glycemic Load:2.15, Inflammation Score:-8, Nutrition Score:22.43347799778%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 13.05mg, Quercetin: 13.05mg, Quercetin: 13.05mg, Quercetin: 13.05mg

Nutrients (% of daily need)

Calories: 440.55kcal (22.03%), Fat: 21.42g (32.95%), Saturated Fat: 8.65g (54.06%), Carbohydrates: 45.57g (15.19%), Net Carbohydrates: 38.03g (13.83%), Sugar: 6g (6.66%), Cholesterol: 58.5mg (19.5%), Sodium: 800.58mg (34.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.41g (38.83%), Vitamin C: 44.49mg (53.92%), Vitamin B1: 0.57mg (38.3%), Vitamin B3: 7.22mg (36.1%), Manganese: 0.7mg (34.91%), Vitamin B6: 0.61mg (30.64%), Fiber: 7.54g (30.17%), Phosphorus: 293.51mg (29.35%), Iron: 5.08mg (28.24%), Zinc: 3.83mg (25.51%), Vitamin B2: 0.41mg (24.32%), Folate: 95.3µg (23.83%), Selenium: 16.25µg (23.21%), Vitamin B12: 1.36µg (22.69%), Potassium: 764.5mg (21.84%), Magnesium: 82.42mg (20.61%), Calcium: 167.14mg (16.71%), Copper: 0.26mg (13.23%), Vitamin A: 622.52IU (12.45%), Vitamin K: 12.85µg (12.24%), Vitamin E: 1.33mg (8.84%), Vitamin B5: 0.72mg (7.21%), Vitamin D: 0.25µg (1.65%)