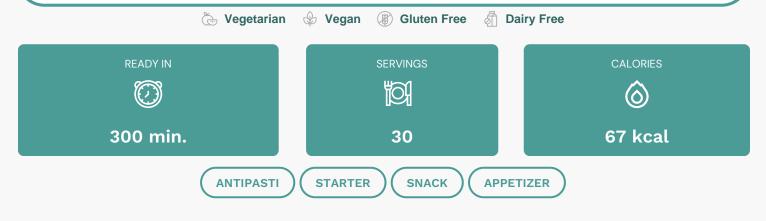


Grilled Tamales with Poblanos and Fresh Corn



Ingredients

i.5 teaspoons double-acting baking powder
1.5 cups regular corn (from 3 ears)
2 cups corn tortillas (masa harina; 9 ounces)
3 ounces corn husks dried separated
1 cup cornmeal finely
1.3 pound poblano pepper fresh (5)
3 cups water
1 medium onion white chopped

	1 cup frangelico cooled divided melted ()
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Εq	uipment
	bowl
	frying pan
	whisk
	pot
	wooden spoon
	grill
	broiler
	kitchen towels
	tongs
	grill pan
	broiler pan
Di	rections
	Cover husks with hot water in an 8-quart pot or large bowl and soak, keeping submerged with an inverted plate, until softened, about 30 minutes. Rinse husks, 1 at a time, under running water, then pile on a plate. Cover husks with a dampened clean kitchen towel.
	While husks soak, roast chiles on their sides on racks of gas burners on medium-high (or on rack of a broiler pan about 2 inches from broiler), turning with tongs, until skins are blackened all over, 4 to 8 minutes.
	Transfer to a bowl, then cover and let stand 10 minutes.
	Peel chiles, then stem, seed, devein, and coarsely chop.
	Whisk together tortilla flour, cornmeal, baking powder, and 13/4 teaspoons salt. Stir in water and let stand 5 minutes.
	Add 1 cup lard and stir vigorously with a wooden spoon until absorbed.
	Let dough stand until ready to use (dough will stiffen).



Properties

Glycemic Index:10.12, Glycemic Load:6.33, Inflammation Score:-2, Nutrition Score:3.6652173814566%

Flavonoids

Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.18mg, Quercetin: 1.16mg, Qu

Nutrients (% of daily need)

Calories: 67.48kcal (3.37%), Fat: 0.91g (1.4%), Saturated Fat: 0.15g (0.96%), Carbohydrates: 13.79g (4.6%), Net Carbohydrates: 11.73g (4.26%), Sugar: 1.18g (1.31%), Cholesterol: Omg (0%), Sodium: 30.48mg (1.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.77%), Vitamin C: 15.89mg (19.26%), Fiber: 2.06g (8.24%), Phosphorus: 76.61mg (7.66%), Manganese: 0.13mg (6.3%), Vitamin B6: 0.12mg (6.16%), Magnesium: 21.58mg (5.39%), Vitamin B1: 0.05mg (3.36%), Zinc: 0.45mg (3.01%), Vitamin B3: 0.59mg (2.96%), Copper: 0.06mg (2.93%), Potassium: 101.66mg (2.9%), Calcium: 28.52mg (2.85%), Iron: 0.48mg (2.67%), Selenium: 1.31µg (1.88%), Vitamin A: 90.57IU (1.81%), Folate: 6.95µg (1.74%), Vitamin B2: 0.03mg (1.52%), Vitamin K: 1.45µg (1.39%), Vitamin B5: 0.13mg (1.33%)