

HERDEZ® Roasted Corn Tamales with Chipotle Shrimp

 Gluten Free

READY IN



225 min.

SERVINGS



20

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 2 tablespoons butter
- ☐ 1 cup chicken stock see
- ☐ 12 ounce herdez® chipotle mexican cooking sauce traditional
- ☐ 20 corn husks dried
- ☐ 2 ears corn
- ☐ 2 cups masa flour

- ☐ 2 pounds shrimp shelled deveined
- ☐ 6 ounces lard

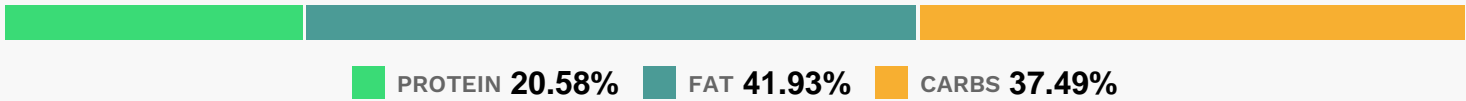
Equipment

- ☐ frying pan
- ☐ hand mixer
- ☐ grill
- ☐ stand mixer
- ☐ broiler

Directions

- ☐ Soak corn husks in warm water until pliable (About 2 hours).
- ☐ Roast corn on grill or under broiler until lightly browned.
- ☐ Cut kernels from the cobs.
- ☐ With a stand mixer, beat lard/shortening together with 1/4 cup butter until very light (5 to 6 minutes).
- ☐ Mix masa and baking powder together.
- ☐ Alternate beating masa flour mix and chicken stock to lard mixture with an electric mixer until all are fully incorporated and the mixture is spreadable. Fold in the roasted corn.
- ☐ Take approximately 3 tablespoons of the masa and place in the middle of 1 corn husk. Fold the husk into the middle and wrap around the masa. Fold the ends in to make a parcel. Use strips of husk to make a tie and tie up the parcel.
- ☐ Place tamales in a steamer and steam for 40 to 45 minutes. While tamales are steaming, heat a skillet to medium-high and add 2 tablespoons butter.
- ☐ Add shrimp and then sauce and cook until sauce is heated through and shrimp are pink.
- ☐ Serve 2 or 3 tamales (removed from husks) per serving with shrimp and sauce drizzled over.

Nutrition Facts



Properties

Glycemic Index:7.1, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:5.8065217490429%

Nutrients (% of daily need)

Calories: 233.49kcal (11.67%), Fat: 11.31g (17.4%), Saturated Fat: 3.26g (20.4%), Carbohydrates: 22.75g (7.58%), Net Carbohydrates: 16.98g (6.18%), Sugar: 7.8g (8.67%), Cholesterol: 76.4mg (25.47%), Sodium: 112.93mg (4.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.48g (24.97%), Fiber: 5.77g (23.08%), Phosphorus: 136.34mg (13.63%), Vitamin B1: 0.19mg (12.54%), Copper: 0.21mg (10.46%), Magnesium: 30.36mg (7.59%), Vitamin B3: 1.48mg (7.41%), Folate: 28.25µg (7.06%), Iron: 1.18mg (6.58%), Vitamin B2: 0.11mg (6.32%), Zinc: 0.87mg (5.82%), Calcium: 54.31mg (5.43%), Potassium: 187mg (5.34%), Vitamin K: 4.67µg (4.45%), Manganese: 0.08mg (4.03%), Vitamin E: 0.56mg (3.76%), Vitamin B6: 0.07mg (3.5%), Selenium: 1.93µg (2.75%), Vitamin A: 76.57IU (1.53%), Vitamin B5: 0.15mg (1.46%)