



Hot Tamale Pot Pie

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz black beans rinsed drained canned
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 2 oz monterrey jack cheese shredded
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon pepper

- ☐ 1 lb polenta refrigerated cut into 1/4-inch slices
- ☐ 0.5 teaspoon salt
- ☐ 2 oz sharp cheddar cheese shredded
- ☐ 1 lb chicken breast boneless skinless cut into 1-inch pieces
- ☐ 1 cup salsa verde green

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray.
- ☐ In 12-inch nonstick skillet, heat 1 tablespoon of the oil over medium-high heat. Cook chicken, salt and pepper in oil 8 minutes, stirring occasionally, until chicken is no longer pink in center.
- ☐ Remove with slotted spoon to bowl. In same skillet, heat remaining 1 tablespoon oil over medium heat. Cook onion in oil 3 minutes, stirring occasionally, until tender.
- ☐ Add garlic and cumin; cook and stir 1 minute.
- ☐ Return chicken to skillet. Stir in beans, salsa and 2 tablespoons of the cilantro.
- ☐ Heat to boiling; remove from heat. Spoon into baking dish. Arrange sliced polenta over hot chicken mixture.
- ☐ Sprinkle evenly with cheeses and remaining 1 tablespoon cilantro. Cover with foil; bake 20 minutes. Uncover; bake 5 minutes longer or until thoroughly heated and cheese is melted.

Nutrition Facts



 PROTEIN **22.45%**  FAT **22.97%**  CARBS **54.58%**

Properties

Glycemic Index:30, Glycemic Load:0.74, Inflammation Score:-7, Nutrition Score:18.621739024701%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg

Nutrients (% of daily need)

Calories: 577.57kcal (28.88%), Fat: 14.51g (22.32%), Saturated Fat: 4.88g (30.5%), Carbohydrates: 77.59g (25.86%), Net Carbohydrates: 70.96g (25.8%), Sugar: 4.07g (4.52%), Cholesterol: 66.24mg (22.08%), Sodium: 945.72mg (41.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.92g (63.84%), Selenium: 42.31µg (60.44%), Vitamin B3: 9.3mg (46.51%), Vitamin B6: 0.78mg (38.84%), Phosphorus: 386.88mg (38.69%), Fiber: 6.64g (26.54%), Potassium: 744.11mg (21.26%), Magnesium: 74.31mg (18.58%), Calcium: 179.12mg (17.91%), Vitamin B1: 0.27mg (17.78%), Vitamin B5: 1.67mg (16.74%), Manganese: 0.33mg (16.64%), Vitamin B2: 0.28mg (16.43%), Iron: 2.8mg (15.55%), Folate: 58.99µg (14.75%), Zinc: 1.84mg (12.25%), Vitamin A: 608.88IU (12.18%), Copper: 0.24mg (11.87%), Vitamin C: 6.62mg (8.02%), Vitamin E: 0.93mg (6.23%), Vitamin B12: 0.33µg (5.5%), Vitamin K: 4.55µg (4.33%), Vitamin D: 0.19µg (1.26%)