



Kale and Cheese Tamales

 Gluten Free

READY IN



90 min.

SERVINGS



16

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons butter
- ☐ 24 corn husks dry soft plus more for lining steamer
- ☐ 1 large clove garlic minced
- ☐ 4 leaves kale chopped
- ☐ 0.8 teaspoons kosher salt
- ☐ 16 servings kosher salt and pepper black freshly ground

- ☐ 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
- ☐ 2 cups mozzarella cheese shredded
- ☐ 0.3 cup vegetable broth
- ☐ 2 cups vegetable broth
- ☐ 0.3 cup vegetable shortening
- ☐ 0.5 large onion white chopped
- ☐ 1 zucchini diced

Equipment

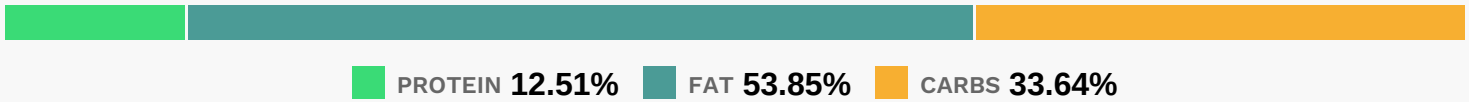
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ hand mixer
- ☐ steamer basket

Directions

- ☐ Watch how to make this recipe.
- ☐ For the filling: Melt the butter in a heavy large skillet over medium-high heat.
- ☐ Add the onion, garlic and zucchini and saute until the onion is soft, about 4 minutes.
- ☐ Add the kale and saute 1 minute.
- ☐ Add the vegetable broth, cover and cook until the kale is wilted, about 6 minutes. Uncover and simmer until almost all of the liquid evaporates, about 2 minutes. Turn off the heat and cool slightly. Season with some salt and pepper. Stir in the cheese until melted.
- ☐ Mix the masa and baking powder in large bowl.
- ☐ Add the vegetable shortening and mix using an electric mixer until it is the consistency of coarse meal.
- ☐ Pour in the vegetable broth and mix until the dough comes together (the dough should be moist).
- ☐ Mix in the salt and pepper by hand.

- ☐
- Place a corn husk, ridged-side down, flat on a work surface and spread 2 to 3 tablespoons of masa onto the corn husk. Then place a spoonful of the kale filling atop the masa. Fold the bigger sides in, and then the pointy tip up over the tamale. Repeat with the remaining corn husks, filling and masa.
- ☐
- To steam, place a coin in the bottom of a pot and fill with 1 to 2 inches of water. Make sure that the steamer basket is not immersed in the water. Line the bottom of a steamer basket with some additional husks and stack the tamales in the steamer, with the exposed end facing upward. Top with more husks and cover with a moist towel. Bring the water to a boil and cook until the masa no longer sticks to the husks, 30 to 40 minutes.
- ☐
- Cook's Note: The coin will rattle during cooking. If it stops rattling, all the water has evaporated and you need to add more.

Nutrition Facts



Properties

Glycemic Index:26.69, Glycemic Load:0.52, Inflammation Score:-8, Nutrition Score:6.4578261271767%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 148.6kcal (7.43%), Fat: 9.1g (14%), Saturated Fat: 4.09g (25.54%), Carbohydrates: 12.79g (4.26%), Net Carbohydrates: 11.52g (4.19%), Sugar: 0.97g (1.07%), Cholesterol: 16.7mg (5.57%), Sodium: 380.78mg (16.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.51%), Vitamin B1: 0.23mg (15.1%), Vitamin K: 13.75µg (13.09%), Calcium: 116.58mg (11.66%), Vitamin A: 563.96IU (11.28%), Vitamin B2: 0.18mg (10.47%), Phosphorus: 94.23mg (9.42%), Folate: 36.41µg (9.1%), Vitamin B3: 1.53mg (7.64%), Iron: 1.28mg (7.1%), Manganese: 0.14mg (6.9%), Selenium: 4.51µg (6.44%), Vitamin C: 5.17mg (6.26%), Vitamin B12: 0.32µg (5.39%), Vitamin B6: 0.11mg (5.27%), Fiber: 1.27g (5.09%), Magnesium: 20.08mg (5.02%), Zinc: 0.73mg (4.87%), Potassium: 100.12mg (2.86%), Vitamin E: 0.32mg (2.13%), Copper: 0.04mg (1.99%), Vitamin B5: 0.11mg (1.08%)