



## Leftover Turkey Tamales

 Gluten Free  Dairy Free

READY IN



170 min.

SERVINGS



10

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon cayenne pepper to taste
- 1 teaspoon chili powder
- 1 cup corn oil
- 2 cloves garlic minced
- 1 tablespoon garlic powder
- 1 teaspoon ground cumin
- 0.3 teaspoon ground pepper black
- 3 cups 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 onion finely chopped
- 1 teaspoon oregano dried
- 1 teaspoon paprika
- 1 teaspoon salt
- 3.5 cups turkey cooked finely chopped
- 1 quart turkey broth divided
- 5 ounce cornhusks
- 5 ounce cornhusks

## Equipment

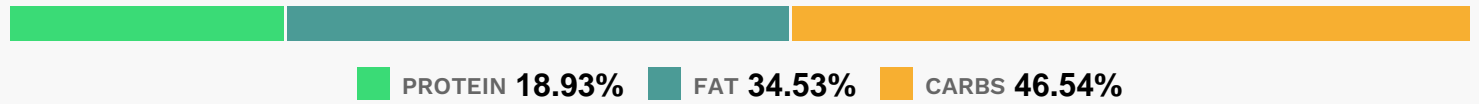
- bowl
- frying pan
- sauce pan

## Directions

- Soak corn husks in a bowl of warm water until softened, about 1 hour; drain.
- Mix masa, 1 tablespoon paprika, 1 tablespoon chili powder, garlic powder, 1 teaspoon cumin, and 1 teaspoon salt together in a bowl. Stir corn oil into masa mixture. Measure 1/2 cup turkey broth and set aside.
- Add remaining broth, 1 cup at a time, to masa mixture until dough is smooth and the consistency of thick peanut butter.
- Heat olive oil in a skillet over medium heat; saute onion and garlic until softened and translucent, 5 to 10 minutes.
- Remove skillet from heat and add turkey, 1 teaspoon paprika, oregano, 1 teaspoon cumin, 1 teaspoon chili powder, 1 teaspoon salt, black pepper, and cayenne pepper. Stir reserved 1/2 cup turkey broth into filling until moistened.
- Spoon 1 heaping tablespoon dough in the center of each corn husk. Top filling with 1 heaping tablespoon filling.
- Roll husk around dough and filling, tucking bottom of husk into tamale. Tie a corn husk strip or string around each tamale to secure.

- Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Stand tamales upright in steamer, cover, and steam until cooked through, about 1 hour.
- Add more water as needed.

## Nutrition Facts



### Properties

Glycemic Index:15.1, Glycemic Load:0.33, Inflammation Score:-6, Nutrition Score:12.143478194009%

### Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

### Nutrients (% of daily need)

Calories: 242.18kcal (12.11%), Fat: 9.5g (14.61%), Saturated Fat: 1.28g (8%), Carbohydrates: 28.81g (9.6%), Net Carbohydrates: 26.08g (9.48%), Sugar: 0.97g (1.08%), Cholesterol: 26.94mg (8.98%), Sodium: 629.2mg (27.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.72g (23.44%), Vitamin B1: 0.55mg (36.92%), Vitamin B3: 6.35mg (31.74%), Vitamin B2: 0.41mg (23.93%), Vitamin B6: 0.42mg (20.88%), Folate: 77.11µg (19.28%), Selenium: 12.99µg (18.55%), Iron: 3.31mg (18.37%), Phosphorus: 150.81mg (15.08%), Manganese: 0.26mg (13.19%), Magnesium: 45.41mg (11.35%), Fiber: 2.73g (10.93%), Zinc: 1.39mg (9.24%), Vitamin E: 1.14mg (7.58%), Vitamin B12: 0.44µg (7.39%), Potassium: 229.21mg (6.55%), Calcium: 65mg (6.5%), Copper: 0.12mg (6.02%), Vitamin A: 279.67IU (5.59%), Vitamin K: 4.54µg (4.32%), Vitamin B5: 0.39mg (3.89%), Vitamin C: 1.07mg (1.3%)