



Mini Taco Tamale Pies

READY IN



50 min.

SERVINGS



12

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounce chiles green undrained chopped canned
- 10.8 ounce campbell's® condensed cheddar cheese soup canned
- 1 cup kernel corn whole frozen
- 8.5 ounce corn muffin mix
- 1 eggs
- 1 pound ground beef
- 0.3 cup milk
- 12 jumbo size foil baking cups ()
- 0.8 cup cheddar cheese shredded

1 ounce taco seasoning

Equipment

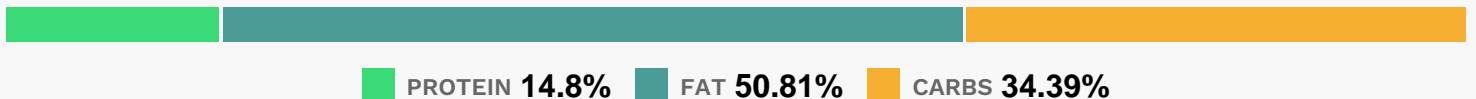
frying pan

oven

Directions

- Heat the oven to 350 degrees F. Line 12 (2 1/2-inch) muffin-pan cups with the baking cups.
- Cook the beef in a 10-inch skillet over medium-high heat until well browned, stirring often to separate meat.
- Pour off any fat.
- Remove the skillet from the heat. Stir in the soup, corn, chiles and taco seasoning.
- Mix the corn muffin mix, egg and milk according to the package directions.
- Spoon about 1/4 cup beef mixture into each baking cup.
- Spread about 1 tablespoon corn muffin batter on each.
- Bake for 20 minutes or until the corn muffin topping is golden brown. Top each with 1 tablespoon cheese.
- Bake for 5 minutes or until the cheese is melted.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:9.0960868959842%

Nutrients (% of daily need)

Calories: 341.87kcal (17.09%), Fat: 19.39g (29.83%), Saturated Fat: 7.38g (46.1%), Carbohydrates: 29.53g (9.84%), Net Carbohydrates: 26.81g (9.75%), Sugar: 13.32g (14.8%), Cholesterol: 50.79mg (16.93%), Sodium: 685.62mg (29.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.71g (25.42%), Phosphorus: 237.9mg (23.79%), Vitamin B12: 1.02µg (16.92%), Vitamin B3: 3.2mg (16.01%), Zinc: 2.29mg (15.27%), Selenium: 10.31µg (14.73%), Vitamin B2: 0.19mg (11.25%), Fiber: 2.73g (10.9%), Folate: 41.76µg (10.44%), Calcium: 103.61mg (10.36%), Iron: 1.83mg (10.16%), Potassium: 343.69mg (9.82%), Vitamin B6: 0.19mg (9.57%), Vitamin A: 470.04IU (9.4%), Vitamin B1:

0.14mg (9.29%), Magnesium: 26.7mg (6.67%), Vitamin C: 4.58mg (5.55%), Vitamin B5: 0.51mg (5.1%), Copper:
0.09mg (4.49%), Manganese: 0.08mg (3.8%), Vitamin K: 2.23µg (2.12%), Vitamin E: 0.31mg (2.05%), Vitamin D:
0.23µg (1.52%)