

Mini Tamale Pies

 Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



217 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black as needed freshly ground plus more
- 15 ounce canned tomatoes crushed canned
- 0.1 teaspoon ground pepper
- 2 tablespoons apple cider vinegar
- 1 tablespoon cilantro leaves fresh coarsely chopped
- 2 medium garlic clove finely chopped
- 1 pound ground beef
- 0.5 teaspoon ground cumin

- 0.5 teaspoon kosher salt as needed plus more
- 0.5 cup chicken broth low-sodium
- 1.5 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 teaspoon oregano dried
- 1 teaspoon paprika
- 3 ounces sharp cheddar cheese shredded
- 0.3 cup cream sour
- 1 tablespoon vegetable oil
- 1 cup onion yellow

Equipment

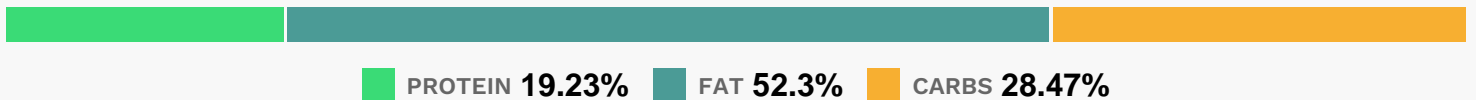
- bowl
- frying pan
- oven
- knife
- wire rack
- plastic wrap
- slotted spoon
- muffin tray

Directions

- Heat the oven to 350°F and arrange a rack in the middle.
- Heat the oil in a large frying pan over medium-high heat until shimmering.
- Add the beef, season with salt and pepper, and break the meat into small pieces with a spoon. Cook, stirring occasionally, until browned and cooked through, about 4 minutes.
- Remove with a slotted spoon to a medium bowl and set aside.Reduce the heat to medium and add the onion and garlic. Cook, stirring occasionally, until the onion softens, about 4 minutes.

- Add the vinegar and stir to combine, scraping up any browned bits from the bottom of the pan.
- Sprinkle in the paprika, oregano, cumin, and cayenne and stir until incorporated. Cook until the spices are fragrant, about 1 minute. Return the beef to the pan, add the tomatoes, broth, and measured salt and pepper, and stir to combine. Cook until the mixture simmers, about 3 minutes. Reduce the heat to low and simmer, stirring occasionally, until the sauce thickens slightly, about 7 minutes more.
- Remove the plastic wrap from the bowl of masa. Divide the masa evenly among the wells of a 12-well muffin pan (about 1 rounded tablespoon per well). Using your fingers, press the masa evenly into a thin layer on the bottom and up the sides of each well (the mixture may feel dry to the touch). Evenly divide the filling among the masa-lined wells.
- Bake for 20 minutes.
- Remove the pan from the oven and evenly sprinkle the shredded cheese over the filling. Return the pan to the oven and bake until the cheese is melted and the filling is bubbling, about 10 minutes more.
- Remove the pan to a wire rack and let it cool for 5 minutes. Run a small knife around the perimeter of each well to loosen and remove the pies. Top each tamale pie with a dollop of sour cream, sprinkle with cilantro, and serve.

Nutrition Facts



Properties

Glycemic Index:23.58, Glycemic Load:1.12, Inflammation Score:-5, Nutrition Score:9.8134783065837%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 217.36kcal (10.87%), Fat: 12.81g (19.71%), Saturated Fat: 5.04g (31.5%), Carbohydrates: 15.68g (5.23%), Net Carbohydrates: 13.71g (4.98%), Sugar: 2.37g (2.63%), Cholesterol: 36.75mg (12.25%), Sodium: 221.56mg (9.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.6g (21.2%), Vitamin B3: 3.64mg (18.19%), Vitamin B1: 0.26mg (17.64%), Zinc: 2.26mg (15.1%), Vitamin B12: 0.9µg (15.07%), Phosphorus: 146.77mg (14.68%), Selenium: 10.23µg (14.61%), Vitamin B2: 0.24mg (14.06%), Vitamin B6: 0.28mg (13.97%), Iron: 2.5mg (13.87%), Folate: 41.89µg (10.47%),

Calcium: 101.84mg (10.18%), Manganese: 0.19mg (9.26%), Potassium: 295.12mg (8.43%), Magnesium: 32.01mg (8%),
Fiber: 1.98g (7.91%), Copper: 0.13mg (6.62%), Vitamin A: 304.99IU (6.1%), Vitamin K: 6.31µg (6.01%), Vitamin E:
0.85mg (5.7%), Vitamin C: 4.48mg (5.43%), Vitamin B5: 0.39mg (3.87%)