



## Moroccan Tamales

 Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup cilantro leaves chopped
- 3 cups meat from a rotisserie chicken cooked chopped
- 52 corn husks
- 20 servings tamale dough
- 1 tsp ground cumin
- 0.8 cup 3/4 cup kraft zesty italian dressing italian kraft

### Equipment

- pot

- steamer basket

## Directions

- Soak corn husks in hot water 30 minutes or let stand overnight in room-temperature water. Prepare Tamale Dough recipe, adding the cumin, turmeric and coriander with the flour.
- Assemble tamales by spreading 2 Tbsp. of the masa mixture (tamale dough) into a 3x2-inch rectangle down the center of each corn husk, leaving about 2 inches bare at the top of the husk. Spoon 1 Tbsp. of the chicken over the masa in each husk.
- Combine dressing and cilantro; spoon 1 tsp. of the dressing mixture down the center of the masa mixture in each husk; fold over the sides of the husk and both ends to completely enclose the filling.
- Stand tamales in a steamer basket in large pot filled 1/4 full with water. (Make sure tamales are not touching the water.) Bring water to boil; cover. Steam 1 hour or until tamales pull away from the corn husks, adding more water to the pot when necessary.
- Remove tamales from steamer basket; cool slightly. Top with BREAKSTONE'S or KNUDSEN Sour Cream just before serving, if desired.

## Nutrition Facts



## Properties

Glycemic Index:3.5, Glycemic Load:3.66, Inflammation Score:-1, Nutrition Score:3.7839130111363%

## Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 113.34kcal (5.67%), Fat: 4.41g (6.78%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 11.12g (3.71%), Net Carbohydrates: 10.71g (3.9%), Sugar: 0.99g (1.1%), Cholesterol: 15.75mg (5.25%), Sodium: 195.15mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.65g (13.31%), Selenium: 9.79µg (13.99%), Vitamin B3: 2.44mg (12.22%), Vitamin B1: 0.12mg (7.86%), Vitamin K: 6.03µg (5.74%), Vitamin B2: 0.1mg (5.66%), Phosphorus: 56.36mg (5.64%), Iron: 0.91mg (5.03%), Manganese: 0.1mg (4.97%), Vitamin B6: 0.1mg (4.89%), Folate: 17.89µg (4.47%), Zinc: 0.42mg (2.82%), Vitamin B5: 0.26mg (2.63%), Potassium: 71.73mg (2.05%), Magnesium: 8.05mg (2.01%), Copper: 0.03mg (1.71%), Fiber: 0.4g (1.62%), Vitamin E: 0.21mg (1.42%), Vitamin B12: 0.06µg (1.01%)