



Polenta Tamale Pie

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce chicken broth canned
- ☐ 1.5 tablespoons chili powder
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 pound ground beef
- ☐ 1 tablespoon ground cumin
- ☐ 2 pound rolls polenta prepared sliced into 1/3-inch-thick rounds
- ☐ 15 ounce refried beans canned
- ☐ 16 ounce spicy salsa

☐ 3 cups sharp cheddar cheese shredded

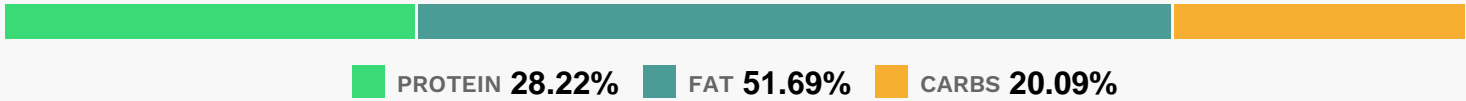
Equipment

- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Sauté beef in heavy large pot over medium-high heat until no longer pink, breaking up meat with back of fork, about 3 minutes.
- ☐ Add chili powder and cumin; stir 1 minute.
- ☐ Add salsa, beans and broth. Simmer until mixture thickens, about 10 minutes.
- ☐ Mix in 1/4 cup cilantro; season with salt and pepper.
- ☐ Oil 13x9x2-inch glass baking dish.
- ☐ Place half of polenta in dish. Top with sauce and 1 1/2 cups cheese, then remaining polenta, cheese and cilantro. (Can be made 1 day ahead. Cover with foil; chill.)
- ☐ Preheat oven to 350°F.
- ☐ Bake freshly assembled pie, uncovered, until heated through and sauce bubbles, about 35 minutes, or bake refrigerated pie, covered, 20 minutes, then uncover and bake until heated through, about 35 minutes.

Nutrition Facts



Properties

Glycemic Index:12.88, Glycemic Load:1.67, Inflammation Score:-7, Nutrition Score:18.136087075524%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 538.2kcal (26.91%), Fat: 30.62g (47.11%), Saturated Fat: 13.73g (85.82%), Carbohydrates: 26.78g (8.93%), Net Carbohydrates: 22.56g (8.2%), Sugar: 3.88g (4.31%), Cholesterol: 108.32mg (36.11%), Sodium: 1268.97mg (55.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.61g (75.22%), Selenium: 33.88µg (48.4%), Phosphorus: 401.62mg (40.16%), Zinc: 5.51mg (36.72%), Calcium: 366.41mg (36.64%), Vitamin B12: 2.18µg (36.27%), Vitamin A: 1388.73IU (27.77%), Vitamin B3: 4.7mg (23.52%), Vitamin B6: 0.47mg (23.49%), Vitamin B2: 0.37mg (21.49%), Iron: 3.51mg (19.49%), Fiber: 4.22g (16.89%), Potassium: 482.3mg (13.78%), Vitamin E: 2.05mg (13.67%), Magnesium: 50.26mg (12.56%), Vitamin K: 10.33µg (9.84%), Copper: 0.16mg (7.76%), Manganese: 0.15mg (7.46%), Vitamin B5: 0.68mg (6.82%), Vitamin B1: 0.08mg (5.66%), Folate: 18.41µg (4.6%), Vitamin D: 0.36µg (2.42%), Vitamin C: 1.42mg (1.72%)