



Pork and Ancho Chile Tamales with Mexican Red Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ancho chili pepper stemmed
- ☐ 2 tablespoons brown sugar
- ☐ 24 corn husks dried
- ☐ 0.3 cup cherries dried
- ☐ 0.5 cup fat-skimmed beef broth fat-free
- ☐ 5 garlic
- ☐ 1 teaspoon cumin

- ☐ 3 tablespoons juice of lime fresh
- ☐ 4.5 cups dough
- ☐ 1 cup onion chopped
- ☐ 1 pound pork tenderloin
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups tomato sauce hot-style
- ☐ 2 cups water hot

Equipment

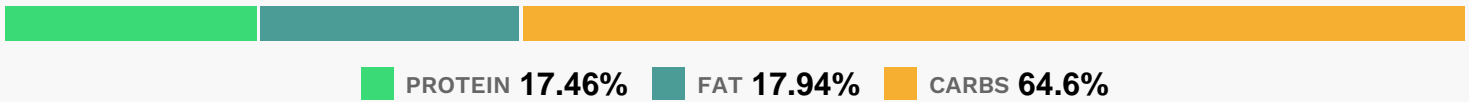
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ microwave
- ☐ broiler pan

Directions

- ☐ Place corn husks in a large bowl; cover with water. Weight husks down with a can; soak 30 minutes.
- ☐ Drain husks.
- ☐ Combine broth, cherries, and ancho chile in a microwave-safe dish. Microwave at HIGH for 2 minutes or until cherries and ancho are tender.
- ☐ Combine broth mixture, onion, and next 5 ingredients (through garlic) in a blender; process until mixture is smooth. Reserve 1/2 cup broth mixture; cover and chill.
- ☐ Place remaining broth mixture in a large zip-top plastic bag.
- ☐ Add pork; seal and marinate in refrigerator 1 hour, turning bag occasionally.
- ☐ Preheat oven to 45
- ☐ Remove pork from bag, and discard marinade.

- ☐ Place pork on a broiler pan coated with cooking spray.
- ☐ Bake at 450 for 30 minutes or until a thermometer registers 155 (slightly pink).
- ☐ Let pork stand 20 minutes; shred pork with 2 forks. Toss shredded pork with reserved 1/2 cup broth mixture.
- ☐ Working with one husk at a time, place about 3 tablespoons Basic Masa Dough in the center of husk, about 1/2 inch from top of husk; press dough into a 4-inch-long by 3-inch-wide rectangle. Spoon about 1 heaping tablespoon pork mixture down one side of dough. Using the corn husk as your guide, fold husk over tamale, being sure to cover filling with dough; fold over 1 more time. Fold bottom end of husk under.
- ☐ Place tamale, seam side down, on the rack of a broiler pan lined with a damp towel. Repeat procedure with remaining husks, Basic Masa Dough, and filling. Cover filled tamales with another damp towel.
- ☐ Pour 2 cups hot water in the bottom of a broiler pan; top with prepared rack.
- ☐ Steam tamales at 450 for 55 minutes, adding water as necessary to maintain a depth of about 1/2 inch.
- ☐ Let tamales stand 10 minutes.
- ☐ Serve with sauce and lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:12.08, Glycemic Load:17.92, Inflammation Score:0, Nutrition Score:16.364347748134%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 353.65kcal (17.68%), Fat: 6.98g (10.74%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 56.54g (18.85%), Net Carbohydrates: 53.03g (19.28%), Sugar: 6.61g (7.34%), Cholesterol: 24.57mg (8.19%), Sodium: 711.55mg

(30.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.28g (30.56%), Vitamin B1: 0.87mg (58.06%), Selenium: 32.87µg (46.96%), Vitamin B3: 6.71mg (33.55%), Vitamin B2: 0.49mg (28.81%), Manganese: 0.53mg (26.29%), Iron: 3.88mg (21.57%), Folate: 84.94µg (21.23%), Vitamin A: 1007.73IU (20.15%), Vitamin B6: 0.4mg (20.01%), Phosphorus: 178.18mg (17.82%), Fiber: 3.51g (14.03%), Potassium: 381.91mg (10.91%), Copper: 0.18mg (8.99%), Zinc: 1.28mg (8.55%), Magnesium: 33.14mg (8.28%), Vitamin B5: 0.73mg (7.34%), Vitamin C: 5.22mg (6.32%), Vitamin K: 6.19µg (5.9%), Vitamin E: 0.63mg (4.2%), Vitamin B12: 0.22µg (3.59%), Calcium: 30.63mg (3.06%)