



## Pork and Ancho Chile Tamales with Mexican Red Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 ancho chile stemmed
- ☐ 2 tablespoons brown sugar
- ☐ 24 corn husks dried
- ☐ 0.3 cup cherries dried
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 5 garlic cloves
- ☐ 1 teaspoon ground cumin

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

## Equipment

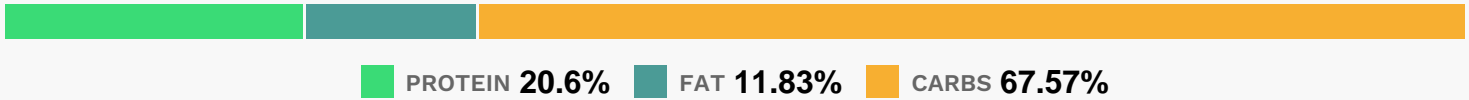
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ microwave
- ☐ broiler pan

## 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:8.92, Glycemic Load:0.83, Inflammation Score:-8, Nutrition Score:17.023912782254%

## 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: 244.42kcal (12.22%), Fat: 3.31g (5.09%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 42.49g (14.16%), Net Carbohydrates: 37.93g (13.79%), Sugar: 6.45g (7.16%), Cholesterol: 24.57mg (8.19%), Sodium: 285.17mg (12.4%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.95g (25.9%), Vitamin B1: 1.02mg (68.1%), Vitamin B3: 7.34mg (36.71%), Vitamin B2: 0.53mg (31.25%), Vitamin B6: 0.58mg (28.83%), Selenium: 18.18µg (25.97%), Folate: 96.21µg (24.05%), Iron: 4.24mg (23.53%), Vitamin A: 1099.21IU (21.98%), Phosphorus: 203.12mg (20.31%), Fiber: 4.56g (18.23%), Magnesium: 59.59mg (14.9%), Manganese: 0.29mg (14.73%), Potassium: 428.69mg (12.25%), Zinc: 1.62mg (10.78%), Copper: 0.17mg (8.36%), Calcium: 79.01mg (7.9%), Vitamin C: 5.22mg (6.32%), Vitamin B5: 0.55mg (5.48%), Vitamin K: 3.98µg (3.79%), Vitamin E: 0.56mg (3.73%), Vitamin B12: 0.22µg (3.59%)