



Prawn Tamales

 Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 halves garnishes: avocado sliced
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 21 ounce condensed chicken broth undiluted canned
- ☐ 30 servings cilantro-lime cream sauce
- ☐ 8 ounce corn husks (30)
- ☐ 5 cups corn masa mix instant
- ☐ 1 cup corn oil
- ☐ 20 ounce pkt spinach frozen cooked drained chopped

- ☐ 6 ounces jack cheese shredded
- ☐ 4 poblano chiles cleaned peeled cut into strips
- ☐ 6 ounces cheddar cheese shredded
- ☐ 30 large shrimp deveined peeled

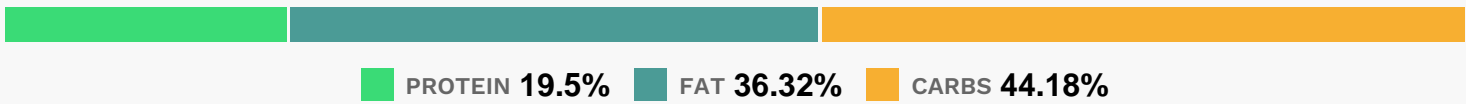
Equipment

- ☐ bowl
- ☐ steamer basket

Directions

- ☐ Soak corn husks in hot water about 30 minutes or until softened.
- ☐ Drain and pat dry.
- ☐ Place masa in a large bowl, and gradually add chicken broth; knead until smooth. Stir in baking powder and corn oil.
- ☐ Place 1 large or 2 small, overlapping corn husks open on a work surface.
- ☐ Spread 2 tablespoons masa mixture in center, leaving about 2 inches bare at top and bottom.
- ☐ Layer 1 prawn, 1 pepper strip, 1/2 tablespoon each cheddar and Jack cheese, and 1 tablespoon spinach in center. Fold over sides, and then fold up the top and bottom. Tie with string or strip of corn husk to secure. Repeat with remaining husks.
- ☐ Fill a steamer basket with tamales, upright in layers. Cook over simmering water 60 to 90 minutes, replenishing water as needed, until the husk just pulls away from the masa without sticking.
- ☐ Open corn husk, and top tamale with Cilantro-Lime Cream Sauce.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:6.53, Glycemic Load:0.12, Inflammation Score:-9, Nutrition Score:13.626087103201%

Flavonoids

Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 148.78kcal (7.44%), Fat: 6.19g (9.53%), Saturated Fat: 2.46g (15.39%), Carbohydrates: 16.95g (5.65%), Net Carbohydrates: 14.89g (5.41%), Sugar: 0.98g (1.09%), Cholesterol: 27.22mg (9.07%), Sodium: 186.1mg (8.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.96%), Vitamin K: 72.42µg (68.97%), Vitamin A: 2416.42IU (48.33%), Vitamin B1: 0.31mg (20.94%), Folate: 70.98µg (17.74%), Vitamin C: 13.8mg (16.73%), Vitamin B2: 0.26mg (15.27%), Calcium: 147.75mg (14.78%), Phosphorus: 129.61mg (12.96%), Manganese: 0.25mg (12.74%), Iron: 1.97mg (10.97%), Vitamin B3: 2.11mg (10.57%), Magnesium: 40.71mg (10.18%), Selenium: 6.32µg (9.03%), Vitamin B6: 0.17mg (8.35%), Fiber: 2.06g (8.26%), Zinc: 1mg (6.69%), Vitamin E: 0.92mg (6.14%), Copper: 0.12mg (6.06%), Potassium: 185.08mg (5.29%), Vitamin B12: 0.11µg (1.86%), Vitamin B5: 0.11mg (1.09%)