



 **17%**
HEALTH SCORE

Real Homemade Tamales

 **Gluten Free**

READY IN



215 min.

SERVINGS



16

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 10.5 ounce beef broth canned
- 4 pepper flakes dried
- 8 ounce corn husks dried
- 1 clove garlic
- 2 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- 1 large onion halved
- 1.3 pounds pork loin

- 0.5 teaspoon salt
- 1 cup cream sour
- 2 cups water
- 0.7 cup frangelico
- 0.7 cup frangelico

Equipment

- bowl
- sauce pan
- blender
- dutch oven

Directions

- Place pork into a Dutch oven with onion and garlic, and add water to cover. Bring to a boil, then reduce heat to low and simmer until the meat is cooked through, about 2 hours.
- Use rubber gloves to remove stems and seeds from the chile pods.
- Place chiles in a saucepan with 2 cups of water. Simmer, uncovered, for 20 minutes, then remove from heat to cool.
- Transfer the chiles and water to a blender and blend until smooth. Strain the mixture, stir in salt, and set aside. Shred the cooked meat and mix in one cup of the chile sauce.
- Soak the corn husks in a bowl of warm water. In a large bowl, beat the lard with a tablespoon of the broth until fluffy.
- Combine the masa harina, baking powder and salt; stir into the lard mixture, adding more broth as necessary to form a spongy dough.
- Spread the dough out over the corn husks to 1/4 to 1/2 inch thickness.
- Place one tablespoon of the meat filling into the center. Fold the sides of the husks in toward the center and place in a steamer. Steam for 1 hour.
- Remove tamales from husks and drizzle remaining chile sauce over. Top with sour cream. For a creamy sauce, mix sour cream into the chile sauce.

Nutrition Facts



■ PROTEIN 29.27% ■ FAT 31.66% ■ CARBS 39.07%

Properties

Glycemic Index:12.13, Glycemic Load:0.64, Inflammation Score:-4, Nutrition Score:8.85695645861%

Flavonoids

Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 137.22kcal (6.86%), Fat: 4.88g (7.51%), Saturated Fat: 2g (12.5%), Carbohydrates: 13.54g (4.51%), Net Carbohydrates: 12.3g (4.47%), Sugar: 1.49g (1.65%), Cholesterol: 30.81mg (10.27%), Sodium: 193.81mg (8.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.15g (20.29%), Vitamin B1: 0.38mg (25.55%), Vitamin B6: 0.41mg (20.67%), Vitamin C: 17.05mg (20.66%), Vitamin B3: 3.76mg (18.81%), Selenium: 12.6µg (18.01%), Phosphorus: 136.89mg (13.69%), Vitamin B2: 0.22mg (13.03%), Folate: 35.39µg (8.85%), Iron: 1.47mg (8.15%), Potassium: 248.76mg (7.11%), Magnesium: 28.21mg (7.05%), Zinc: 0.99mg (6.62%), Calcium: 56.48mg (5.65%), Manganese: 0.11mg (5.31%), Fiber: 1.24g (4.98%), Vitamin A: 227.36IU (4.55%), Vitamin B5: 0.38mg (3.79%), Vitamin B12: 0.22µg (3.73%), Copper: 0.07mg (3.62%), Vitamin K: 1.83µg (1.74%), Vitamin E: 0.18mg (1.2%)