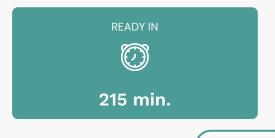
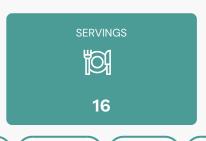


Real Homemade Tamales

Gluten Free







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

- 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

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 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: Og (100%), Alcohol %: O% (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%)