



Roasted Poblano Tamales

 Vegetarian

READY IN



80 min.

SERVINGS



20

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 52 corn husks
- 2 Tbsp epazote leaves fresh chopped
- 20 servings tamale dough
- 10 poblano chiles deveined seeded chopped
- 1 cup mozzarella cheese shredded kraft

Equipment

- pot
- steamer basket

Directions

- Soak corn husks in hot water for 30 minutes or let stand overnight in room-temperature water. Prepare Tamale Dough recipe, adding the chopped epazote leaves with the flour.
- Assemble tamales by spreading 2 Tbsp. of the masa mixture (tamale dough) into a 3x2-inch rectangle down the center of each corn husk, leaving about 2 inches bare at the top of the husk. Spoon 1 Tbsp. of the peppers and 1 tsp. of the cheese down the center of the masa mixture on each husk; fold over the sides of the husk and both ends to completely enclose the filling.
- Stand tamales in a steamer basket in large pot filled 1/4 full with water. (Make sure tamales are not touching the water.) Bring water to boil; cover. Steam 1 hour or until tamales pull away from the corn husks, adding more water to the pot when necessary.
- Remove tamales from steamer basket; cool slightly. Top with TACO BELL Thick & Chunky Salsa just before serving, if desired.

Nutrition Facts

 **PROTEIN 14.12%**  **FAT 25.56%**  **CARBS 60.32%**

Properties

Glycemic Index:3.75, Glycemic Load:3.87, Inflammation Score:-4, Nutrition Score:6.8069564168868%

Flavonoids

Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 85.98kcal (4.3%), Fat: 2.5g (3.85%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 13.27g (4.42%), Net Carbohydrates: 11.84g (4.31%), Sugar: 1.52g (1.69%), Cholesterol: 4.42mg (1.47%), Sodium: 129.3mg (5.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.21%), Vitamin C: 47.89mg (58.05%), Manganese: 0.21mg (10.53%), Vitamin B1: 0.14mg (9.23%), Selenium: 5.39µg (7.71%), Vitamin B6: 0.14mg (7.2%), Vitamin B2: 0.1mg (5.98%), Folate: 23.86µg (5.97%), Fiber: 1.43g (5.71%), Vitamin B3: 1.07mg (5.37%), Vitamin A: 258.85IU (5.18%), Iron: 0.86mg (4.81%), Vitamin K: 5.01µg (4.77%), Phosphorus: 47.25mg (4.72%), Calcium: 40.38mg (4.04%), Potassium: 131.8mg (3.77%), Copper: 0.06mg (3.1%), Magnesium: 11.71mg (2.93%), Zinc: 0.35mg (2.33%), Vitamin B12: 0.13µg (2.13%), Vitamin E: 0.25mg (1.64%), Vitamin B5: 0.12mg (1.24%)