



Saffron Chicken and Sausage Tamales with Cilantro Cream

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 corn husks dried
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 0.5 cup cilantro leaves fresh finely chopped
- ☐ 4 garlic cloves minced
- ☐ 0.8 teaspoon hot sauce
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4.5 cups basic masa dough

- ☐ 2 cups onion chopped
- ☐ 3 ounces pork sausage smoked diced
- ☐ 2.3 cups roasted chicken breast shredded
- ☐ 0.3 teaspoon saffron threads
- ☐ 0.8 cup cup heavy whipping cream fat-free sour
- ☐ 2 cups water hot

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ broiler pan

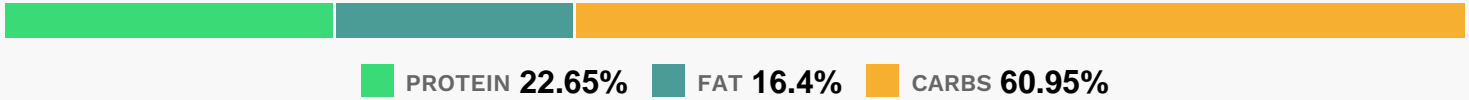
Directions

- ☐ Place corn husks in a large bowl; cover with water. Weight husks down with a can; soak 30 minutes.
- ☐ Drain husks.
- ☐ To prepare filling, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add sausage to pan; saut 2 minutes or until browned.
- ☐ Add onion; saut 2 minutes.
- ☐ Add garlic; saut 1 minute, stirring frequently. Stir in broth and saffron; bring to a boil. Reduce heat, and simmer 2 minutes. Stir in chicken; remove from heat.
- ☐ Preheat oven to 45
- ☐ 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 chicken 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.
- ☐ To prepare cream, combine sour cream and remaining ingredients, stirring well.
- ☐ Serve with tamales.

Nutrition Facts



Properties

Glycemic Index:15.58, Glycemic Load:0.65, Inflammation Score:-6, Nutrition Score:13.354347698067%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 244.53kcal (12.23%), Fat: 4.52g (6.96%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 37.81g (12.6%), Net Carbohydrates: 34.57g (12.57%), Sugar: 1.25g (1.39%), Cholesterol: 28.71mg (9.57%), Sodium: 135.73mg (5.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.05g (28.11%), Vitamin B1: 0.69mg (46%), Vitamin B3: 8.29mg (41.44%), Folate: 97.92µg (24.48%), Vitamin B2: 0.42mg (24.47%), Vitamin B6: 0.43mg (21.64%), Selenium: 14.48µg (20.69%), Iron: 3.65mg (20.3%), Phosphorus: 185.32mg (18.53%), Magnesium: 53.47mg (13.37%), Fiber: 3.23g (12.93%), Manganese: 0.25mg (12.59%), Calcium: 90.73mg (9.07%), Zinc: 1.32mg (8.83%), Potassium: 266.69mg (7.62%), Copper: 0.12mg (6%), Vitamin B5: 0.44mg (4.39%), Vitamin C: 3.19mg (3.86%), Vitamin A: 185.07IU (3.7%), Vitamin B12: 0.21µg (3.53%), Vitamin K: 2.3µg (2.19%)