



Skillet Tamale Pie

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 2.3 oz olives black ripe drained sliced canned
- 29 oz tomatoes diced salt-free canned
- 1 tablespoon chili powder
- 2 cups corn kernels frozen
- 1 teaspoon cumin seeds
- 1 large eggs
- 1 large egg whites

- 1 pound ground beef 7% lean (fat)
- 6 oz cheddar cheese shredded reduced-fat
- 1 cup skim milk
- 8 oz onion peeled chopped
- 0.3 teaspoon salt
- 1 cup cornmeal yellow

Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- In an 11- to 12-inch ovenproof frying pan (2 to 3 in. deep, 2 1/2- to 3-quart capacity) over high heat, stir onion, beef, chili powder, and cumin seeds until beef is crumbled and lightly browned, 6 to 8 minutes.
- Add tomatoes (including juices), corn, and olives; bring to a boil, stirring occasionally.
- Add salt to taste.
- Meanwhile, in a bowl, whisk together egg, egg white, 1/2 cup cheese, milk, cornmeal, baking powder, and 1/4 teaspoon salt until well blended (mixture will be thin).
- Pour evenly over hot meat mixture.
- Sprinkle evenly with remaining 1 cup cheese.
- Bake in a 400 regular or convection oven until the top feels firm when lightly touched, about 15 minutes. Scoop out servings with a large spoon.
- Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:37.63, Glycemic Load:13.06, Inflammation Score:-8, Nutrition Score:22.990869853808%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg

Nutrients (% of daily need)

Calories: 378.68kcal (18.93%), Fat: 10.93g (16.82%), Saturated Fat: 3.92g (24.48%), Carbohydrates: 40.1g (13.37%), Net Carbohydrates: 33.65g (12.24%), Sugar: 10.14g (11.27%), Cholesterol: 85.05mg (28.35%), Sodium: 892.18mg (38.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.83g (63.67%), Phosphorus: 483.07mg (48.31%), Zinc: 5.99mg (39.91%), Vitamin B6: 0.75mg (37.7%), Vitamin B12: 2.15µg (35.8%), Selenium: 24.37µg (34.81%), Vitamin B3: 6.64mg (33.22%), Vitamin B2: 0.47mg (27.84%), Iron: 4.96mg (27.55%), Calcium: 270.49mg (27.05%), Fiber: 6.45g (25.79%), Potassium: 875.73mg (25.02%), Manganese: 0.43mg (21.7%), Magnesium: 86.46mg (21.61%), Vitamin C: 16.45mg (19.94%), Vitamin B1: 0.25mg (16.48%), Vitamin A: 814IU (16.28%), Vitamin E: 2.33mg (15.52%), Folate: 59.96µg (14.99%), Copper: 0.29mg (14.64%), Vitamin B5: 1.4mg (13.95%), Vitamin K: 6.18µg (5.88%), Vitamin D: 0.72µg (4.8%)