



WHATSheATE



Slow-Cooker Tamale Pie

READY IN



315 min.

SERVINGS



4

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound ground beef lean
- ☐ 0.5 cup onion chopped
- ☐ 2 cups kidney beans red rinsed drained (from 19-oz can)
- ☐ 10 oz enchilada sauce red canned
- ☐ 6.5 oz just-add-water cornbread mix
- ☐ 0.3 cup milk
- ☐ 2 tablespoons butter melted
- ☐ 1 eggs
- ☐ 2 ounces monterrey jack cheese shredded

- ☐ 4 oz chilis green undrained chopped canned
- ☐ 0.3 cup cream sour
- ☐ 0.3 cup spring onion chopped

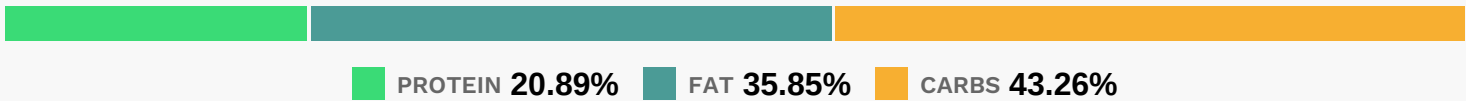
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ toothpicks
- ☐ slow cooker

Directions

- ☐ In 12-inch nonstick skillet, cook beef and onion over medium heat about 5 minutes, stirring occasionally, until beef is brown; drain. Stir in beans and enchilada sauce.
- ☐ Place beef mixture in 3 1/2- to 4 1/2-quart slow cooker. In medium bowl, stir cornbread mix, milk, margarine and egg just until moistened (batter will be lumpy). Stir cheese and chiles into batter. Spoon over beef mixture in slow cooker.
- ☐ Cover and cook on low heat setting 5 to 6 hours or until toothpick inserted in center of cornbread comes out clean.
- ☐ Serve with sour cream and green onions.

Nutrition Facts



Properties

Glycemic Index:38.82, Glycemic Load:5.16, Inflammation Score:-8, Nutrition Score:25.174782566402%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 10.76mg, Quercetin: 10.76mg, Quercetin: 10.76mg, Quercetin: 10.76mg

Nutrients (% of daily need)

Calories: 586.53kcal (29.33%), Fat: 23.42g (36.03%), Saturated Fat: 8.83g (55.2%), Carbohydrates: 63.58g (21.19%), Net Carbohydrates: 51.85g (18.85%), Sugar: 16.95g (18.84%), Cholesterol: 100.53mg (33.51%), Sodium: 1323.25mg (57.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.7g (61.4%), Phosphorus: 592.23mg (59.22%), Folate: 192.49µg (48.12%), Fiber: 11.73g (46.93%), Iron: 6.34mg (35.25%), Zinc: 4.88mg (32.52%), Manganese: 0.62mg (30.79%), Selenium: 20.08µg (28.69%), Vitamin B12: 1.67µg (27.9%), Vitamin B3: 5.46mg (27.29%), Vitamin B1: 0.4mg (26.57%), Vitamin B2: 0.45mg (26.3%), Vitamin B6: 0.5mg (24.9%), Vitamin A: 1165.43IU (23.31%), Calcium: 228.98mg (22.9%), Vitamin K: 23.59µg (22.47%), Potassium: 761.45mg (21.76%), Magnesium: 76.97mg (19.24%), Vitamin C: 15.02mg (18.21%), Copper: 0.33mg (16.26%), Vitamin B5: 1.16mg (11.61%), Vitamin E: 0.73mg (4.88%), Vitamin D: 0.59µg (3.9%)