



Smoky-Spicy Tamale Pies

READY IN



45 min.

SERVINGS



2

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup kidney beans red organic canned rinsed drained
- ☐ 14.5 ounce canned tomatoes with green chiles, undrained such as muir glen canned
- ☐ 1 teaspoon chili powder
- ☐ 0.5 cup whole-kernel corn frozen thawed
- ☐ 1 large egg white
- ☐ 0.3 cup milk fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 2 garlic cloves minced

- ☐ 0.3 teaspoon chipotle chili powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 ounces pd of ground turkey
- ☐ 0.5 cup onion chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup cornmeal yellow

Equipment

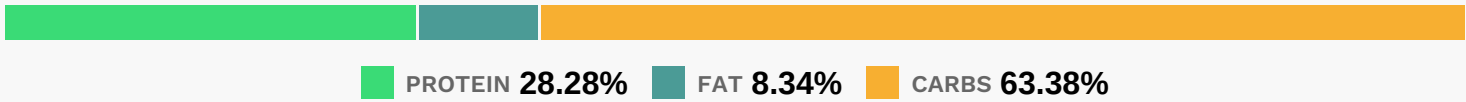
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Cook turkey in a large nonstick skillet over medium-high heat until browned, stirring to crumble.
- ☐ Add onion, corn, and garlic to pan; saut 2 minutes. Stir in chili powder, cumin, and chipotle; cook 30 seconds.
- ☐ Add beans and tomatoes to pan; cook 1 minute. Divide turkey mixture evenly between 2 (1 1/2-cup) ramekins coated with cooking spray.
- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, cornmeal, baking powder, and salt, stirring with a whisk.
- ☐ Combine milk and egg white, stirring with a whisk.
- ☐ Add milk mixture to flour mixture; stir just until moist. Spoon batter evenly over turkey mixture.
- ☐ Place the ramekins on a baking sheet.

Bake at 375 for 25 minutes or until crust is browned.

Nutrition Facts



Properties

Glycemic Index:191.38, Glycemic Load:23.52, Inflammation Score:-8, Nutrition Score:21.569565037022%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 388.52kcal (19.43%), Fat: 3.64g (5.61%), Saturated Fat: 0.75g (4.66%), Carbohydrates: 62.34g (20.78%), Net Carbohydrates: 51.73g (18.81%), Sugar: 12.05g (13.39%), Cholesterol: 32.1mg (10.7%), Sodium: 971.9mg (42.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.81g (55.63%), Fiber: 10.62g (42.46%), Vitamin B6: 0.83mg (41.41%), Vitamin B3: 8.05mg (40.27%), Phosphorus: 382.56mg (38.26%), Selenium: 25.06µg (35.8%), Manganese: 0.68mg (34.23%), Iron: 4.89mg (27.17%), Vitamin A: 1295.28IU (25.91%), Vitamin B1: 0.37mg (24.99%), Vitamin B2: 0.39mg (23%), Folate: 87.43µg (21.86%), Magnesium: 87.23mg (21.81%), Calcium: 217.63mg (21.76%), Potassium: 714.21mg (20.41%), Zinc: 2.73mg (18.18%), Copper: 0.29mg (14.66%), Vitamin B5: 1.17mg (11.65%), Vitamin C: 9.01mg (10.92%), Vitamin B12: 0.48µg (8.03%), Vitamin K: 5.27µg (5.02%), Vitamin E: 0.68mg (4.54%), Vitamin D: 0.56µg (3.76%)