



Southwest Tamale Tart

READY IN



65 min.

SERVINGS



6

CALORIES



268 kcal

Ingredients

- 1 cup baking mix bisquick heart smart®
- 0.5 cup cornmeal
- 6 oz cheddar cheese shredded reduced-fat
- 4 oz chilis green drained chopped canned
- 0.3 cup beef broth
- 15 oz black beans rinsed drained canned
- 0.5 cup cilantro leaves fresh chopped
- 2 small tomatoes seeded chopped
- 1 serving salsa thick
- 1 serving cream sour reduced-fat

1 serving guacamole

Equipment

bowl

baking sheet

oven

Directions

Heat oven to 350°F. Spray cookie sheet with cooking spray.

In medium bowl, stir Bisquick® mix, cornmeal, 1 cup of the cheese and the chiles thoroughly. Stir in broth.

Spread mixture in 10-inch circle on cookie sheet. In small bowl, mix beans and cilantro; spoon over cornmeal mixture.

Sprinkle with remaining 1/2 cup cheese.

Bake 25 to 30 minutes or until edge is golden brown. Arrange tomatoes around edge.

Cut into wedges; serve with salsa, sour cream and guacamole.

Nutrition Facts



PROTEIN 22.14% **FAT 22.28%** **CARBS 55.58%**

Properties

Glycemic Index:29.75, Glycemic Load:6.08, Inflammation Score:-6, Nutrition Score:13.195652183631%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 267.94kcal (13.4%), Fat: 6.66g (10.24%), Saturated Fat: 2.51g (15.7%), Carbohydrates: 37.36g (12.45%), Net Carbohydrates: 29.97g (10.9%), Sugar: 3.71g (4.12%), Cholesterol: 7.75mg (2.58%), Sodium: 866.46mg (37.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.89g (29.77%), Phosphorus: 376.93mg (37.69%), Fiber: 7.39g (29.54%), Folate: 92.49µg (23.12%), Calcium: 197.74mg (19.77%), Manganese: 0.37mg (18.38%), Vitamin B1: 0.28mg (18.35%), Vitamin B2: 0.27mg (15.91%), Vitamin C: 13.11mg (15.89%), Iron: 2.82mg (15.67%), Magnesium: 54.47mg

(13.62%), Potassium: 442.71mg (12.65%), Copper: 0.23mg (11.51%), Selenium: 7.66µg (10.95%), Vitamin B3: 2.17mg (10.86%), Vitamin B6: 0.21mg (10.3%), Zinc: 1.54mg (10.24%), Vitamin A: 467.75IU (9.35%), Vitamin K: 8.31µg (7.91%), Vitamin B5: 0.5mg (5.04%), Vitamin B12: 0.24µg (4.05%), Vitamin E: 0.37mg (2.46%)