



## Southwest Tamale Tart

READY IN



65 min.

SERVINGS



6

CALORIES



305 kcal

### Ingredients

- 0.3 cup beef broth
- 15 oz black beans rinsed drained canned
- 4.5 oz chilis green drained chopped canned
- 0.5 cup cornmeal
- 0.5 cup cilantro leaves fresh chopped
- 6 servings guacamole
- 6 oz cheddar cheese shredded reduced-fat
- 6 servings cream sour reduced-fat
- 6 servings salsa thick (any variety)
- 2 small tomatoes seeded chopped

1 cup baking mix bisquick heart smart®

## Equipment

bowl

baking sheet

oven

## Directions

Heat oven to 350F. 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.

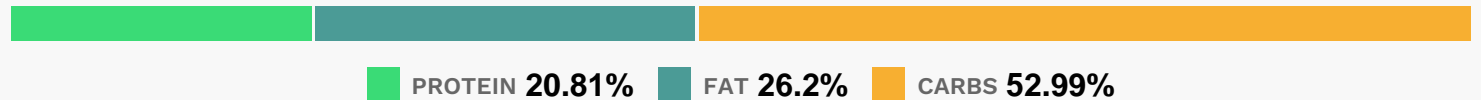
Spread mixture in 10-inch circle on cookie sheet. In small bowl, mix beans and cilantro; spoon over cornmeal mixture.

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



## Properties

Glycemic Index:29.75, Glycemic Load:6.08, Inflammation Score:-7, Nutrition Score:14.954782682916%

## 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: 304.7kcal (15.24%), Fat: 8.96g (13.78%), Saturated Fat: 3.86g (24.1%), Carbohydrates: 40.76g (13.59%), Net Carbohydrates: 32.79g (11.93%), Sugar: 4.77g (5.3%), Cholesterol: 14.75mg (4.92%), Sodium: 1067.44mg (46.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16g (32.01%), Phosphorus: 400.36mg (40.04%), Fiber: 7.96g (31.85%), Folate: 97.71µg (24.43%), Calcium: 234.35mg (23.44%), Manganese: 0.4mg (19.95%), Vitamin B1: 0.29mg (19.56%), Vitamin B2: 0.3mg (17.93%), Vitamin C: 14.68mg (17.8%), Iron: 2.98mg (16.57%), Potassium:

560.62mg (16.02%), Magnesium: 60.81mg (15.2%), Vitamin A: 665.54IU (13.31%), Vitamin B6: 0.26mg (13.1%),  
Copper: 0.25mg (12.62%), Vitamin B3: 2.51mg (12.57%), Selenium: 8.53µg (12.19%), Zinc: 1.7mg (11.31%), Vitamin K:  
9.7µg (9.24%), Vitamin B5: 0.57mg (5.72%), Vitamin B12: 0.33µg (5.45%), Vitamin E: 0.77mg (5.15%)