



Southwest Tamale Tart (Cooking for 2)

READY IN



40 min.

SERVINGS



3

CALORIES



290 kcal

Ingredients

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

☐ 1 serving guacamole

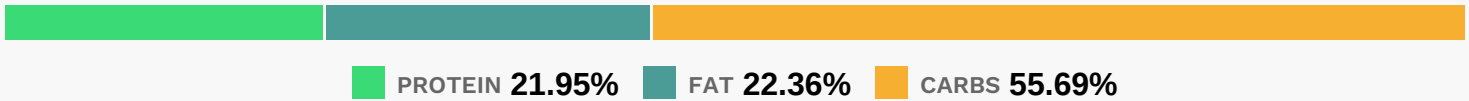
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Spray cooking sheet with cooking spray.
- ☐ In small bowl, stir Bisquick® mix, cornmeal, 1/2 cup of the cheese and the chiles thoroughly. Stir in broth.
- ☐ Spread mixture in 7-inch circle on cookie sheet.
- ☐ Mix beans and cilantro; spoon over cornmeal mixture to within 1/2 inch of edge.
- ☐ Sprinkle with remaining 1/4 cup cheese.
- ☐ Bake 23 to 25 minutes or until edge is golden brown. Arrange tomatoes around edge of tart.
- ☐ Cut into wedges; serve with salsa, sour cream and guacamole.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:8.66, Inflammation Score:-7, Nutrition Score:14.955652125504%

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: 290.45kcal (14.52%), Fat: 7.27g (11.19%), Saturated Fat: 2.81g (17.59%), Carbohydrates: 40.74g (13.58%), Net Carbohydrates: 32.83g (11.94%), Sugar: 3.92g (4.36%), Cholesterol: 9.15mg (3.05%), Sodium: 713.64mg (31.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.06g (32.13%), Phosphorus: 387.56mg (38.76%), Folate: 145.71µg (36.43%), Fiber: 7.91g (31.65%), Manganese: 0.46mg (23.17%), Vitamin C: 17.81mg (21.59%), Vitamin

B1: 0.32mg (21.43%), Calcium: 202.45mg (20.25%), Magnesium: 71.83mg (17.96%), Iron: 2.96mg (16.44%), Vitamin B2: 0.23mg (13.65%), Potassium: 473.14mg (13.52%), Zinc: 1.84mg (12.3%), Vitamin B6: 0.24mg (12%), Vitamin B3: 2.22mg (11.09%), Selenium: 7.67µg (10.95%), Copper: 0.22mg (10.92%), Vitamin A: 531.13IU (10.62%), Vitamin K: 8.58µg (8.18%), Vitamin B5: 0.54mg (5.42%), Vitamin B12: 0.26µg (4.35%), Vitamin E: 0.45mg (3%)