



Spicy Shrimp Tamales with Roasted Tomatillo Sauce and Goat Cheese

 Gluten Free

READY IN



165 min.

SERVINGS



24

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 anaheim chiles green
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 teaspoon chili powder
- ☐ 0.5 cup cilantro leaves
- ☐ 1 teaspoon coriander
- ☐ 1 teaspoon cumin
- ☐ 2 teaspoons cumin

- ☐ 4 garlic cloves
- ☐ 6 ounces goat cheese room temperature
- ☐ 2 pounds shrimp cleaned
- ☐ 2 cups masa prepared
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon salt
- ☐ 24 servings salt and pepper to taste
- ☐ 1 pound tomatillos husked
- ☐ 1 onion white peeled
- ☐ 1 bag cornhusks dried cleaned
- ☐ 1 bag cornhusks dried cleaned

Equipment

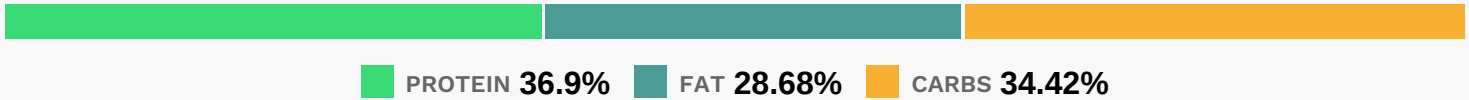
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ colander

Directions

- ☐ Place tomatillos, onion, garlic, and green chiles in a roasting pan and bake in a preheated 400 degree F oven for 12 to 15 minutes.
- ☐ Transfer the roasted vegetables to a food processor along with any juices that are at the bottom of the pan.
- ☐ Add the cumin, salt, and cilantro. Pulse the mixture until combined but still chunky. You may add a bit of water or broth if the mixture is too thick. Reserve half the sauce to serve with the tamales.

- ☐ In a deep bowl, combine the masa and remaining half of the tomatillo sauce. Beat until fully incorporated and the dough is green. Fold in the softened goat cheese.
- ☐ Set the cornhusks on a sheet pan covered by a damp towel.
- ☐ Lay the husk flat on a plate with the smooth side up and the narrow end facing you.
- ☐ Spread a thin, even layer of the masa mixture over the surface of the husk with a tablespoon that is dipped in water. Fold the narrow end up to the center then fold both sides together to enclose the filling. The sticky masa will form a seal. Pinch the wide top closed.
- ☐ Stand the tamales up in a large steamer or colander with the pinched end up. Load the steamer into a large pot filled with 2-inches of water. The water should not touch the tamales.
- ☐ Lay a damp cloth over the tamales and cover with lid. Keep the water at a low boil, checking periodically to make sure the water doesn't boil away. Steam the tamales for 2 hours.
- ☐ Coat the shrimp with cumin, chili powder, cayenne, coriander, salt, and pepper.
- ☐ Heat oil in a saute pan, cook the shrimp for 5 minutes until pink. To serve, unfold the tamales, top with the spicy shrimp and spoon the reserved tomatillo sauce over the top.

Nutrition Facts



Properties

Glycemic Index:6.79, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:5.1852174181005%

Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 107.1kcal (5.35%), Fat: 3.5g (5.38%), Saturated Fat: 1.32g (8.24%), Carbohydrates: 9.44g (3.15%), Net Carbohydrates: 8.16g (2.97%), Sugar: 1.18g (1.31%), Cholesterol: 64.12mg (21.37%), Sodium: 380.2mg (16.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.12g (20.25%), Phosphorus: 130.61mg (13.06%), Copper: 0.24mg (11.96%), Vitamin B1: 0.16mg (10.58%), Iron: 1.38mg (7.65%), Magnesium: 28.76mg (7.19%), Vitamin B3: 1.36mg (6.8%), Vitamin B2: 0.11mg (6.73%), Manganese: 0.12mg (5.9%), Folate: 23.22µg (5.8%), Potassium: 194.73mg (5.56%), Zinc: 0.82mg (5.45%), Calcium: 53.4mg (5.34%), Fiber: 1.29g (5.14%), Vitamin B6: 0.09mg (4.47%), Vitamin C: 3.41mg (4.13%), Vitamin K: 3.95µg (3.76%), Vitamin A: 183.22IU (3.66%), Selenium: 1.75µg (2.51%), Vitamin E: 0.31mg (2.1%), Vitamin B5: 0.11mg (1.06%)