



Stove Top Tamale Pie

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce kidney beans undrained canned
- ☐ 8 ounce tomato sauce canned
- ☐ 8 ounce corn muffin mix
- ☐ 0.3 cup green onion sliced
- ☐ 1 pound ground beef
- ☐ 1 cup cheddar cheese shredded
- ☐ 1.3 ounce original taco seasoning mix mccormick®
- ☐ 0.5 cup water

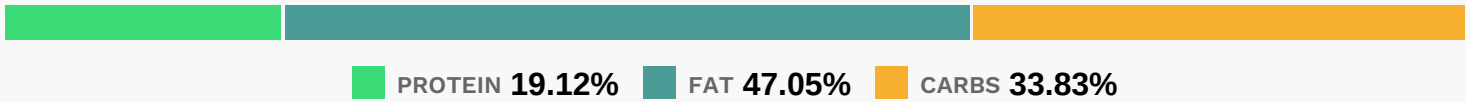
Equipment

☐ frying pan

Directions

- ☐ In a large skillet, brown ground beef over medium-high heat.
- ☐ Drain.
- ☐ Stir in tomato sauce, beans, water and Taco Seasoning
- ☐ Mix. Bring to a boil; reduce heat, cover and simmer 5 minutes.
- ☐ Prepare corn muffin mix according to package directions. Drop small spoonfuls of muffin batter over meat mixture in a skillet. Cover and cook over medium-low heat 15-17 minutes or until corn bread is done.
- ☐ Top with cheese and green onion. Cover and cook over low heat until cheese melts.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:4.35, Inflammation Score:-7, Nutrition Score:19.06173916485%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 505.78kcal (25.29%), Fat: 26.51g (40.79%), Saturated Fat: 10.65g (66.59%), Carbohydrates: 42.88g (14.29%), Net Carbohydrates: 34.88g (12.68%), Sugar: 11.61g (12.9%), Cholesterol: 73.26mg (24.42%), Sodium: 1321.41mg (57.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.24g (48.49%), Phosphorus: 477.42mg (47.74%), Fiber: 8g (32%), Vitamin B12: 1.85µg (30.86%), Zinc: 4.61mg (30.72%), Selenium: 19.82µg (28.31%), Vitamin A: 5.22mg (26.08%), Iron: 4.15mg (23.06%), Vitamin B2: 0.37mg (21.95%), Vitamin B6: 0.4mg (20.09%), Vitamin A: 991.45IU (19.83%), Calcium: 197.74mg (19.77%), Manganese: 0.38mg (19.09%), Vitamin B1: 0.29mg (19.06%), Folate: 68.9µg (17.22%), Potassium: 569.37mg (16.27%), Vitamin K: 16.29µg (15.52%), Magnesium: 54.97mg (13.74%), Copper: 0.24mg (11.94%), Vitamin B5: 0.85mg (8.51%), Vitamin C: 6.69mg (8.11%), Vitamin E: 1.09mg (7.29%), Vitamin D: 0.19µg (1.26%)