

Sweet Tamale Pie

READY IN



75 min.

SERVINGS



12

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce chiles green drained chopped canned
- ☐ 7.8 ounce tomato sauce hot mexican-style el pato® canned (such as)
- ☐ 14 ounce regular corn green mexican-style drained giant® canned (such as)
- ☐ 15 ounce corn bread mix krusteaz® (such as Honey Corn Bread Mix)
- ☐ 1 eggs
- ☐ 2 cloves garlic chopped
- ☐ 12 servings salt and ground pepper black to taste
- ☐ 1 pound ground beef lean
- ☐ 0.7 cup milk

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 onion chopped
- ☐ 8 ounce chunky salsa
- ☐ 1 cup mexican cheese blend shredded
- ☐ 1 ounce taco seasoning
- ☐ 0.3 cup vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ casserole dish

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Pour 2 tablespoons olive oil into a cold skillet; sprinkle in garlic. Cook garlic over medium heat until sizzling and fragrant, 2 to 3 minutes. Stir onion, salt, and pepper into the garlic and olive oil; cook until onion is translucent, 5 to 10 minutes. Cook and stir ground beef into onion mixture until beef is browned and crumbly, 5 to 10 minutes.
- ☐ Mix 2 cans Mexican-style corn, salsa, hot tomato sauce, 1 can chopped green chiles, and taco seasoning into ground beef mixture; bring to a boil. Reduce heat, cover skillet, and simmer until liquid has reduced, about 15 minutes.
- ☐ Transfer meat mixture to a 10x14-inch casserole dish.
- ☐ Stir corn bread mix, milk, vegetable oil, and egg together in a bowl; fold in 2 cans drained Mexican-style corn, 1 can drained green chiles, Mexican cheese blend, and 1 tablespoon olive oil. Spoon cornbread mixture over meat mixture.
- ☐ Bake in the preheated oven until a toothpick inserted into the corn bread comes out clean, about 30 minutes.

Nutrition Facts



 PROTEIN **16.91%**  FAT **44.05%**  CARBS **39.04%**

Properties

Glycemic Index:14.33, Glycemic Load:0.8, Inflammation Score:-6, Nutrition Score:12.729565112487%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 355.98kcal (17.8%), Fat: 17.48g (26.9%), Saturated Fat: 5.08g (31.73%), Carbohydrates: 34.85g (11.62%), Net Carbohydrates: 31.14g (11.32%), Sugar: 10.2g (11.33%), Cholesterol: 48.28mg (16.09%), Sodium: 874.77mg (38.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.1g (30.19%), Phosphorus: 339.13mg (33.91%), Vitamin B3: 4.01mg (20.07%), Vitamin B12: 1.1µg (18.32%), Zinc: 2.71mg (18.08%), Selenium: 11.77µg (16.82%), Fiber: 3.71g (14.86%), Vitamin K: 15.52µg (14.78%), Vitamin B2: 0.25mg (14.78%), Vitamin B6: 0.29mg (14.69%), Iron: 2.56mg (14.24%), Folate: 56.65µg (14.16%), Vitamin B1: 0.2mg (13.35%), Calcium: 119.22mg (11.92%), Vitamin A: 548.32IU (10.97%), Potassium: 373.07mg (10.66%), Manganese: 0.21mg (10.57%), Vitamin E: 1.39mg (9.28%), Vitamin C: 7.37mg (8.93%), Magnesium: 32.03mg (8.01%), Vitamin B5: 0.66mg (6.61%), Copper: 0.11mg (5.72%), Vitamin D: 0.31µg (2.05%)