



## Tamale Cups

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal instant
- 1.5 cups water
- 3 cups beef shredded leftover cooked
- 6.3 oz taco seasoning
- 9 oz from 1 bottle old el mild taco sauce
- 2 tablespoons queso fresco crumbled
- 1 tablespoon cilantro leaves fresh coarsely chopped

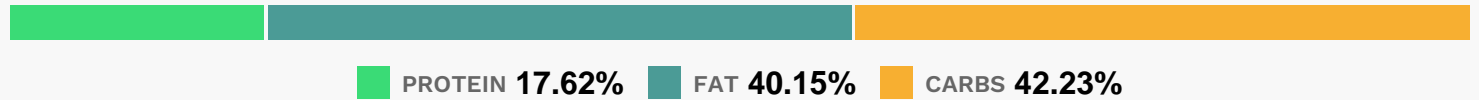
# Equipment

- bowl
- oven
- muffin liners

# Directions

- Heat oven to 350°F. Spray 12 regular-size muffin cups with cooking spray.
- In medium bowl, stir together flour and water until a dough ball forms, kneading dough if necessary. Divide dough into 12 pieces; shape each into a ball.
- Place 1 ball in each muffin cup. Press dough in bottom and up side of each cup.
- In another medium bowl, mix cooked beef, taco seasoning mix and taco sauce. Divide beef mixture evenly into dough-lined cups.
- Bake 15 to 20 minutes or until crust cups are thoroughly baked.
- Top each tamale cup with cheese and cilantro before serving.

# Nutrition Facts



# Properties

Glycemic Index:5.33, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:26.555652022362%

# Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

# Nutrients (% of daily need)

Calories: 569.17kcal (28.46%), Fat: 25.92g (39.87%), Saturated Fat: 9.57g (59.82%), Carbohydrates: 61.32g (20.44%), Net Carbohydrates: 52.12g (18.95%), Sugar: 5.65g (6.28%), Cholesterol: 83.28mg (27.76%), Sodium: 2501.54mg (108.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.58g (51.17%), Vitamin B1: 0.89mg (59.42%), Vitamin A: 2936.49IU (58.73%), Vitamin B3: 10.5mg (52.52%), Iron: 8.65mg (48.07%), Vitamin B12: 2.49µg (41.51%), Zinc: 5.95mg (39.65%), Vitamin B2: 0.63mg (37.29%), Selenium: 25.81µg (36.87%), Fiber: 9.2g (36.81%), Phosphorus: 322.99mg (32.3%), Vitamin B6: 0.64mg (31.9%), Folate: 127.39µg (31.85%), Magnesium: 84.98mg (21.25%), Vitamin C: 13.31mg (16.13%), Manganese: 0.31mg (15.48%), Potassium: 497.36mg (14.21%), Calcium: 137.27mg (13.73%), Copper: 0.18mg (9.12%), Vitamin B5: 0.69mg (6.92%), Vitamin E: 0.48mg (3.21%), Vitamin K:

2.28µg (2.17%), Vitamin D: 0.25µg (1.64%)