



HEALTH SCORE

88%

Tamale Dough



Gluten Free



Dairy Free



Very Healthy

READY IN



300 min.

SERVINGS



1

CALORIES



4387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tsp calumet baking powder
- ☐ 0.5 lb corn husks dried hot drained
- ☐ 4 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 1 Tbsp salt
- ☐ 1.5 cups vegetable shortening
- ☐ 4 cups water hot

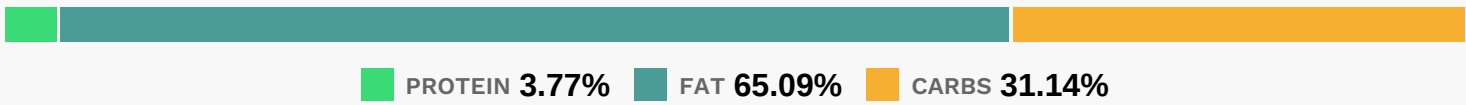
Equipment

- ☐ bowl
- ☐ pot
- ☐ wooden spoon
- ☐ steamer basket

Directions

- ☐ Mix masa harina, lard, salt and baking powder in large bowl with wooden spoon until well blended. Gradually add just enough of the hot water to make a smooth stiff dough, stirring constantly.
- ☐ Assemble tamales, using about 2 Tbsp. of the masa mixture and 1 to 2 Tbsp. of your favorite filling for each tamale.
- ☐ Stand tamales in a steamer basket in large pot filled 1/4 full with water. (Make sure tamales are not touching the water.) Bring water to boil; cover. Steam 1 hour or until tamales pull away from the corn husks, adding more water to the pot when necessary. Cool slightly.

Nutrition Facts



Properties

Glycemic Index:92, Glycemic Load:1.9, Inflammation Score:-10, Nutrition Score:68.660434639972%

Nutrients (% of daily need)

Calories: 4386.67kcal (219.33%), Fat: 325.1g (500.16%), Saturated Fat: 79.3g (495.63%), Carbohydrates: 349.96g (116.65%), Net Carbohydrates: 320.76g (116.64%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 7853.86mg (341.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.32g (84.63%), Vitamin B1: 6.79mg (452.5%), Folate: 953.04µg (238.26%), Vitamin B3: 45.29mg (226.45%), Vitamin B2: 3.67mg (215.93%), Iron: 35.26mg (195.86%), Vitamin K: 163.59µg (155.8%), Vitamin E: 18.85mg (125.67%), Fiber: 29.2g (116.8%), Phosphorus: 1140.17mg (114.02%), Calcium: 1096.65mg (109.66%), Magnesium: 435.75mg (108.94%), Vitamin B6: 2.17mg (108.45%), Manganese: 2.06mg (102.86%), Selenium: 63.87µg (91.25%), Zinc: 8.32mg (55.48%), Copper: 0.98mg (48.92%), Potassium: 1202.22mg (34.35%), Vitamin B5: 2.97mg (29.67%), Vitamin A: 975.84IU (19.52%)