

## Tamale Pie

READY IN



45 min.

SERVINGS



8

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 servings olives black sliced for garnish
- 1 small can corn cream-style
- 16 oz tomato sauce canned
- 1.5 cups cheddar cheese grated
- 1 tablespoon chili powder
- 1 medium corn chips
- 0.5 package just-add-water cornbread mix (or Jiffy)
- 1 bell pepper green
- 2 pounds ground beef

- 2 cans mexicorn kernel corn ) (sold at most supermarkets)
- 1 large onion
- 8 oz red wine
- 8 servings garlic

## Equipment

- oven
- casserole dish

## Directions

- Brown the onions, green pepper, and garlic.
- Add the meat and brown.
- Add the Mexicorn, tomato sauce, wine, chili powder, salt, pepper and simmer for 15 or 20 minutes.
- Place mixture in a casserole dish.
- Make the topping with the cornbread mix, 1 cup of cream-style corn, 1/2 cup cheese, and milk to make runny. (Sometimes I add an egg.)
- Pour over the casserole and bake at 400°F for 35-45 minutes.
- minutes before serving, sprinkle top with crushed Fritos and add the remaining cup of cheddar cheese.
- Garnish with sliced black olives.

## Nutrition Facts



**PROTEIN 19.1%** **FAT 51.16%** **CARBS 29.74%**

## Properties

Glycemic Index:19.25, Glycemic Load:1.93, Inflammation Score:-8, Nutrition Score:24.273913036222%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Petunidin: 0.56mg, Petunidin: 0.56mg, Petunidin: 0.56mg, Petunidin: 0.56mg Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin:

0.57mg Malvidin: 3.92mg, Malvidin: 3.92mg, Malvidin: 3.92mg, Malvidin: 3.92mg Peonidin: 0.35mg, Peonidin:  
0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 2.02mg, Catechin: 2.02mg, Catechin: 2.02mg, Catechin:  
2.02mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg  
Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Hesperetin: 0.18mg,  
Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin:  
0.5mg, Naringenin: 0.5mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin:  
0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg,  
Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg,  
Kaempferol: 0.16mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.48mg,  
Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg,  
Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 633.11kcal (31.66%), Fat: 35.87g (55.19%), Saturated Fat: 13.82g (86.36%), Carbohydrates: 46.94g  
(15.65%), Net Carbohydrates: 41.04g (14.92%), Sugar: 11.66g (12.96%), Cholesterol: 102mg (34%), Sodium:  
1326.69mg (57.68%), Alcohol: 3.01g (100%), Alcohol %: 0.87% (100%), Protein: 30.13g (60.26%), Phosphorus:  
473.86mg (47.39%), Vitamin B12: 2.66µg (44.41%), Zinc: 6.62mg (44.11%), Vitamin B3: 7.78mg (38.91%), Selenium:  
26µg (37.14%), Vitamin B6: 0.68mg (33.85%), Vitamin C: 27.63mg (33.49%), Vitamin B2: 0.47mg (27.37%), Folate:  
105.37µg (26.34%), Potassium: 876.26mg (25.04%), Iron: 4.28mg (23.8%), Fiber: 5.9g (23.6%), Calcium: 220.16mg  
(22.02%), Vitamin A: 1019.91IU (20.4%), Magnesium: 78.21mg (19.55%), Vitamin E: 2.75mg (18.36%), Manganese:  
0.37mg (18.35%), Vitamin B5: 1.66mg (16.65%), Copper: 0.29mg (14.48%), Vitamin B1: 0.21mg (14.23%), Vitamin K:  
7.58µg (7.21%), Vitamin D: 0.24µg (1.6%)