



Tamale Pie I

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce olives black chopped canned
- ☐ 14.5 ounce canned tomatoes canned
- ☐ 1 cup cornmeal
- ☐ 15 ounce corn canned
- ☐ 2 eggs
- ☐ 2 cloves garlic chopped
- ☐ 1 pound ground beef lean
- ☐ 0.5 cup milk

- ☐ 1 cup cheddar cheese shredded
- ☐ 1 onion yellow

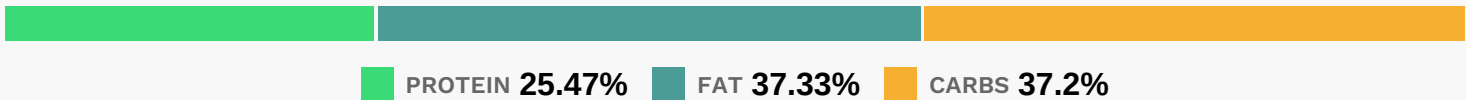
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large skillet, cook meat, onion and garlic until done.
- ☐ Drain fat.
- ☐ Add tomatoes and creamed corn.
- ☐ Add milk, olives, eggs and cornmeal. Bring to a boil.
- ☐ Pour into a greased 2 quart casserole dish.
- ☐ Bake at 350 degrees F (175 degrees C) for 25 minutes.
- ☐ Put the cheese on top for the last 5 minutes of baking.

Nutrition Facts



Properties

Glycemic Index:38.08, Glycemic Load:13.89, Inflammation Score:-7, Nutrition Score:21.440000140149%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 438.23kcal (21.91%), Fat: 18.64g (28.67%), Saturated Fat: 7.09g (44.3%), Carbohydrates: 41.79g (13.93%), Net Carbohydrates: 35.88g (13.05%), Sugar: 7.75g (8.61%), Cholesterol: 122.7mg (40.9%), Sodium: 921.25mg (40.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.61g (57.23%), Zinc: 6.25mg (41.65%), Phosphorus: 411.19mg (41.12%), Selenium: 26.15µg (37.35%), Vitamin B12: 2.13µg (35.56%), Vitamin B6: 0.69mg (34.68%), Vitamin B3: 6.46mg (32.32%), Vitamin B2: 0.41mg (23.87%), Fiber: 5.91g (23.65%), Iron: 4.23mg (23.52%), Calcium: 220.96mg (22.1%), Potassium: 750.54mg (21.44%), Magnesium: 85.22mg (21.31%), Manganese: 0.4mg (19.91%), Vitamin E: 2.61mg (17.37%), Copper: 0.35mg (17.29%), Folate: 67.38µg (16.85%), Vitamin B1: 0.22mg (14.53%), Vitamin B5: 1.37mg (13.75%), Vitamin C: 10.88mg (13.18%), Vitamin A: 612.47IU (12.25%), Vitamin K: 4.96µg (4.72%), Vitamin D: 0.71µg (4.7%)