

## Tamale Pie Pronto

READY IN



45 min.

SERVINGS



8

CALORIES



903 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 20 ounce biscuit dough refrigerated canned
- 8 ounce tomato sauce canned
- 16 ounce canned tomatoes chopped canned
- 16 ounce chili beans sauce canned
- 1 tablespoon chili powder
- 0.3 cup cornmeal
- 2.5 pounds ground beef
- 0.5 cup catsup
- 0.5 cup onion chopped

- 2 cups cheddar cheese shredded
- 2 teaspoons vegetable oil
- 12 ounce kernel corn whole drained canned

## Equipment

- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13 inch baking pan.
- Brown the ground beef in a large skillet over medium-high heat.
- Drain fat. Stir in the tomatoes, corn, tomato sauce, chili beans, ketchup, onion, and chili powder.
- Mix well.
- Line the prepared pan with the biscuits, covering the bottom and the sides.
- Brush biscuits with vegetable oil; sprinkle evenly with cornmeal. Spoon the ground beef mixture into the biscuit-lined dish.
- Sprinkle with the shredded cheese.
- Bake in the preheated oven until biscuits are golden and the cheese is melted, about 25 minutes.

## Nutrition Facts



**PROTEIN 18.3%** **FAT 52.45%** **CARBS 29.25%**

## Properties

Glycemic Index:33.81, Glycemic Load:26.67, Inflammation Score:-8, Nutrition Score:32.749130259389%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin:

2.16mg, Quercetin: 2.16mg

## **Nutrients (% of daily need)**

Calories: 902.76kcal (45.14%), Fat: 52.75g (81.15%), Saturated Fat: 18.55g (115.91%), Carbohydrates: 66.19g (22.06%), Net Carbohydrates: 60.2g (21.89%), Sugar: 12.83g (14.26%), Cholesterol: 129.6mg (43.2%), Sodium: 1790.07mg (77.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.4g (82.8%), Phosphorus: 813.36mg (81.34%), Selenium: 44.58µg (63.69%), Zinc: 9.06mg (60.41%), Vitamin B12: 3.44µg (57.3%), Vitamin B3: 10.4mg (51.99%), Vitamin B6: 0.87mg (43.61%), Iron: 7.74mg (42.98%), Vitamin B2: 0.72mg (42.58%), Potassium: 1215.61mg (34.73%), Vitamin B1: 0.48mg (31.92%), Calcium: 309.89mg (30.99%), Folate: 108.25µg (27.06%), Manganese: 0.54mg (27%), Magnesium: 101.09mg (25.27%), Vitamin E: 3.68mg (24.56%), Copper: 0.49mg (24.49%), Fiber: 5.99g (23.96%), Vitamin A: 909.59IU (18.19%), Vitamin B5: 1.35mg (13.54%), Vitamin K: 13.79µg (13.13%), Vitamin C: 10.25mg (12.42%), Vitamin D: 0.31µg (2.07%)