



Tamale Pie With Cheddar & Cornmeal Crust

READY IN



45 min.

SERVINGS



12

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup beer
- 1 medium bell pepper diced
- 0.5 cup olives black
- 19 ounce kidney beans rinsed drained canned
- 16 ounce canned tomatoes crushed canned
- 2 eggs
- 1 cup flour

- 0.5 lb ground beef (or beef and pork mixture)
- 0.3 teaspoon ground coriander
- 1 tablespoon ground cumin
- 1 jalapeno diced finely
- 2 tablespoons olive oil
- 4 teaspoons olive oil
- 1 medium onion diced
- 0.5 teaspoon oregano
- 0.5 teaspoon pepper
- 12 servings hot sauce hot
- 0.5 cup salsa (I like hot!)
- 0.3 teaspoon salt
- 0.5 cup spring onion
- 1 cup sharp cheddar cheese shredded
- 2 ounces tomato paste
- 1.5 cups cornmeal yellow
- 1.3 cups yogurt

Equipment

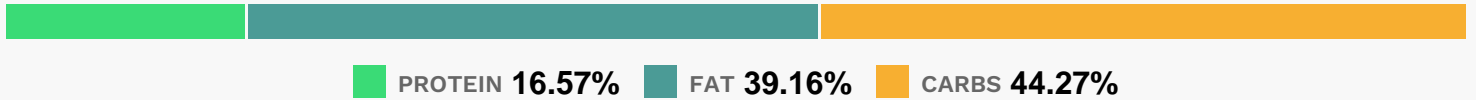
- bowl
- frying pan
- oven
- whisk
- baking pan

Directions

- Grease 13x9x2 baking dish. In a large skillet heat oil add the peppers and onions saute for 5 minutes.

- Add beef to pan mixing to crumble cooking about about 5 minutes.Stir in remaining ingredients plus 1/4 cup beer.Put into prepared pan and set aside.In a large bowl combine all dry ingredients, stir to mix well.In an other bowl, whisk yogurt,eggs,and oil to blend.Stir in 3/4 cup cheese, scallions and jalapeo.
- Pour yogurt mixture over the cornmeal mixture and stir just till blended.Top the filling with crust mixture.
- Sprinkle remaining cheese on top and bake for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:51.83, Glycemic Load:18.56, Inflammation Score:-7, Nutrition Score:16.173043411711%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 335.4kcal (16.77%), Fat: 14.79g (22.76%), Saturated Fat: 4.94g (30.9%), Carbohydrates: 37.62g (12.54%), Net Carbohydrates: 31.17g (11.33%), Sugar: 6.06g (6.74%), Cholesterol: 53.43mg (17.81%), Sodium: 593mg (25.78%), Alcohol: 0.19g (100%), Alcohol %: 0.11% (100%), Protein: 14.08g (28.17%), Fiber: 6.45g (25.81%), Phosphorus: 253.02mg (25.3%), Vitamin C: 20.87mg (25.29%), Manganese: 0.49mg (24.71%), Selenium: 14.32µg (20.45%), Vitamin B6: 0.39mg (19.33%), Iron: 3.43mg (19.05%), Vitamin B1: 0.26mg (17.49%), Calcium: 173.7mg (17.37%), Zinc: 2.59mg (17.28%), Vitamin K: 17.88µg (17.03%), Vitamin B2: 0.29mg (16.98%), Magnesium: 64.35mg (16.09%), Potassium: 550.69mg (15.73%), Folate: 61.95µg (15.49%), Vitamin B3: 3.1mg (15.48%), Vitamin A: 759.83IU (15.2%), Vitamin E: 2.14mg (14.24%), Copper: 0.27mg (13.37%), Vitamin B12: 0.66µg (11.08%), Vitamin B5: 0.76mg (7.56%), Vitamin D: 0.25µg (1.65%)