



Tamale Pot Pie

READY IN



45 min.

SERVINGS



6

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baking mix divided
- ☐ 2.3 oz olives black drained sliced canned
- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 1 tablespoon chili powder
- ☐ 0.5 cup cornmeal
- ☐ 1 eggs
- ☐ 2 cups corn frozen thawed
- ☐ 2 tablespoons chilis green chopped
- ☐ 1 pound ground beef

- ☐ 2 teaspoons ground cumin
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt

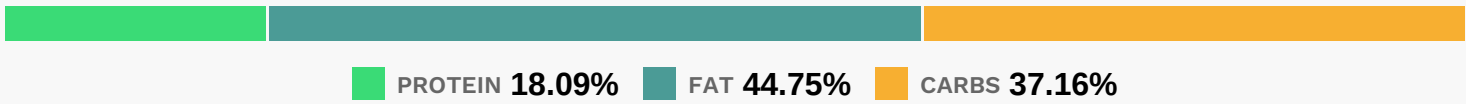
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook ground beef in a large skillet over medium heat until browned; drain. Stir in corn, tomatoes, olives, 2 tablespoons baking mix, chili powder, cumin and salt. Bring to a boil; boil stirring frequently, one minute. Keep warm over low heat.
- ☐ Stir together remaining ingredients until blended.
- ☐ Pour beef mixture into an ungreased 9"x9" baking pan.
- ☐ Spread cornmeal mixture over beef mixture.
- ☐ Bake, uncovered, at 400 for 20 to 30 minutes or until crust is golden.

Nutrition Facts



Properties

Glycemic Index:24.92, Glycemic Load:7.54, Inflammation Score:-7, Nutrition Score:19.520869555681%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 449.74kcal (22.49%), Fat: 22.93g (35.27%), Saturated Fat: 7.69g (48.08%), Carbohydrates: 42.84g (14.28%), Net Carbohydrates: 37.36g (13.59%), Sugar: 6.72g (7.47%), Cholesterol: 83.8mg (27.93%), Sodium: 820.18mg (35.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.85g (41.7%), Phosphorus: 379.39mg (37.94%), Vitamin B3: 6.46mg (32.31%), Vitamin B12: 1.87µg (31.18%), Zinc: 4.54mg (30.25%), Vitamin B6: 0.6mg (30.19%), Iron: 4.6mg (25.57%), Selenium: 17.54µg (25.06%), Vitamin B2: 0.37mg (22.01%), Fiber: 5.48g (21.91%),

Vitamin B1: 0.32mg (21.32%), Manganese: 0.42mg (21.05%), Potassium: 730.51mg (20.87%), Folate: 72.61µg (18.15%),
Magnesium: 72.45mg (18.11%), Vitamin E: 2.26mg (15.1%), Copper: 0.3mg (15%), Vitamin C: 12.09mg (14.66%),
Vitamin A: 674.72IU (13.49%), Calcium: 122.87mg (12.29%), Vitamin B5: 1.19mg (11.94%), Vitamin K: 8µg (7.61%),
Vitamin D: 0.45µg (2.97%)