



Tamales Tolimenses (Tolima Region Tamales)



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large carrots peeled sliced
- ☐ 12 pieces meat from a rotisserie chicken
- ☐ 3 cups rice cooked
- ☐ 6 eggs cooked sliced
- ☐ 1 cup peas
- ☐ 1 pound pork belly cut into small pieces
- ☐ 2 pounds pork ribs cut into small pieces
- ☐ 4 medium potatoes peeled sliced

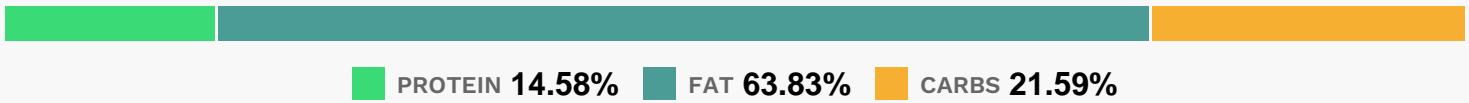
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ Place all the marinade ingredients in the blender and blend until smooth. Reserve ½ cup of the marinade to prepare the masa.In a large plastic bowl place all the meat, add 1 ½ cups of the marinade.
- ☐ Place the masarepa in a large bowl, add the water, salt, sazón Goya or color and reserved marinade.
- ☐ Place 1 piece of the leaf on a work surface and place a second leaf on top, pointing in the opposite direction, like forming a cross.6 .
- ☐ Spread 1/2 cup of masa and about 1/4 cup of rice in the center of the banana leaves, at the point where they connect and form a cross.
- ☐ Place, 1 piece pork belly, 1 piece of chicken and 1 piece of rib on top of the masa and place about 1 tablespoon of peas, 1 or 2 slices of carrots and 2 slices of potatoes on top of the meat.Bring the corners of the banana leaves up to the middle of the filling, and tie it with butcher’s string right above the filling, so that there is a tuft of leaves above the string (see picture). Continue the process until all the tamales are wrapped and tied.Bring a large pot with salted water to a boil.
- ☐ Add the tamales and then reduce the heat to low. Cover and cook for 2 hours.
- ☐ Remove the tamales from the pot and let them sit for about 5 minutes before serving.
- ☐ Cut the stirring and serve in the leaves.
- ☐ Serve hogao on the side if desired.

Nutrition Facts



Properties

Glycemic Index:23.66, Glycemic Load:21.88, Inflammation Score:-9, Nutrition Score:17.102173825969%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 496.72kcal (24.84%), Fat: 34.91g (53.72%), Saturated Fat: 12.08g (75.52%), Carbohydrates: 26.58g (8.86%), Net Carbohydrates: 23.83g (8.67%), Sugar: 1.91g (2.12%), Cholesterol: 152.14mg (50.71%), Sodium: 100.44mg (4.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.94g (35.88%), Vitamin A: 2222.56IU (44.45%), Selenium: 24.97µg (35.67%), Vitamin B6: 0.68mg (33.85%), Vitamin B1: 0.43mg (28.84%), Vitamin B3: 5.59mg (27.92%), Vitamin C: 19.66mg (23.83%), Phosphorus: 235.17mg (23.52%), Vitamin B2: 0.38mg (22.17%), Manganese: 0.38mg (18.78%), Potassium: 610.86mg (17.45%), Zinc: 2.58mg (17.22%), Vitamin B12: 0.72µg (11.96%), Vitamin B5: 1.18mg (11.83%), Vitamin D: 1.66µg (11.06%), Fiber: 2.74g (10.98%), Iron: 1.92mg (10.66%), Copper: 0.21mg (10.45%), Magnesium: 39.32mg (9.83%), Folate: 33.46µg (8.36%), Vitamin K: 6.01µg (5.72%), Vitamin E: 0.69mg (4.63%), Calcium: 41.71mg (4.17%)