



Vegetarian Tamale Pie

READY IN



55 min.

SERVINGS



8

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon agave nectar
- 1 tablespoon double-acting baking powder
- 1 chipotles in adobo canned
- 15 ounce pinto beans drained and rinsed canned
- 8 ounce canned tomatoes diced canned
- 1 cup cheddar cheese grated (regular or soy)
- 0.5 cup cornmeal
- 2 eggs (I use Ener-G)
- 1.5 cups flour

- 0.5 cup cilantro leaves fresh chopped
- 2 garlic clove finely minced
- 2 teaspoons ground cumin
- 3 tablespoons butter melted (vegan)
- 12 ounce vegetable burger crumbles
- 0.3 cup cooking oil
- 1 teaspoon olive oil
- 0.5 teaspoon salt
- 1.3 cups soymilk
- 0.7 cup sugar
- 1 medium onion yellow chopped

Equipment

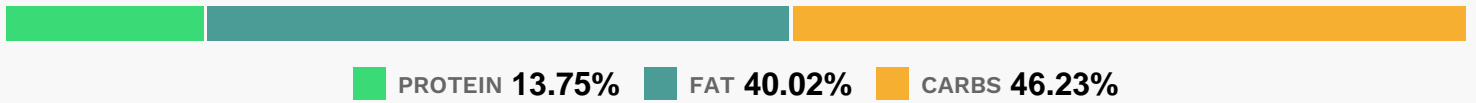
- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F. Grease an 8-inch baking dish with cooking spray and set it aside.
- Heat the olive oil in a nonstick skillet over medium heat.
- Add the onions and cook until soft, about 7 minutes.
- Add garlic and cook for 1 minute.
- Mix in the crumbles and heat through.
- Sprinkle mixture with cumin.
- Add the beans, tomatoes, chiles and adobo sauce to the skillet and bring to a boil over high heat. Reduce the heat to medium and simmer until heated through and slightly thickened, about 5 minutes.

- Remove pan from the heat and stir in the cheese and cilantro.
- Spread the crumble/bean mixture in the prepared baking dish, pressing down on it with the back of a spoon to make an even, compact layer. Prepare the cornbread.
- Combine dry ingredients in bowl, then add remaining wet ingredients. Stir until combined.
- Spread the cornbread batter over the crumble mixture and bake until the cornbread is golden-brown, 20 to 25 minutes (or longer depending on oven, mine took closer to 30 minutes).
- Let the tamale pie stand for 5 minutes before cutting into squares and serving.

Nutrition Facts



Properties

Glycemic Index:73.75, Glycemic Load:34.8, Inflammation Score:-7, Nutrition Score:25.170434744462%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 549.1kcal (27.45%), Fat: 24.71g (38.02%), Saturated Fat: 5.61g (35.03%), Carbohydrates: 64.21g (21.4%), Net Carbohydrates: 56.91g (20.69%), Sugar: 22.64g (25.15%), Cholesterol: 57.17mg (19.06%), Sodium: 905.27mg (39.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.11g (38.21%), Vitamin B1: 1.44mg (95.75%), Manganese: 0.91mg (45.29%), Selenium: 26.9µg (38.43%), Calcium: 354.06mg (35.41%), Folate: 139.52µg (34.88%), Phosphorus: 321.93mg (32.19%), Fiber: 7.31g (29.23%), Vitamin B2: 0.46mg (26.78%), Vitamin E: 3.9mg (25.97%), Iron: 4.57mg (25.4%), Vitamin B12: 1.51µg (25.1%), Vitamin B3: 5.02mg (25.08%), Vitamin B6: 0.43mg (21.5%), Magnesium: 72.19mg (18.05%), Copper: 0.35mg (17.73%), Potassium: 546.72mg (15.62%), Vitamin K: 15.61µg (14.86%), Zinc: 2.19mg (14.63%), Vitamin A: 675.67IU (13.51%), Vitamin C: 9.57mg (11.59%), Vitamin B5: 0.69mg (6.94%), Vitamin D: 0.75µg (4.98%)