



 **17%**  
HEALTH SCORE

## Wow Them Tamale Pie

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



246 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.5 cup buttermilk
- 2 cups canned tomatoes canned crushed undrained (15-oz. can, )
- 1 cup carrots diced peeled
- 4 ounces cheddar cheese low-fat grated
- 0.8 cup cornmeal
- 2 egg whites beaten

- 8 servings cilantro leaves fresh chopped
- 3 tablespoons garlic minced
- 1 small to 2 chilies slit fresh green seeds removed for a milder hot minced
- 2 teaspoons ground coriander
- 1 tablespoon ground cumin
- 2 teaspoons olive oil
- 1 cup onion chopped
- 1 teaspoon oregano dried
- 1.5 cups kidney beans cooked (15-oz. can)
- 1 cup bell pepper diced green red
- 0.5 teaspoon salt
- 8 servings pepper black freshly ground
- 8 servings spring onion minced
- 2 teaspoons vegetable oil
- 1 tablespoon water
- 1 tablespoon flour white
- 1 cup zucchini diced

## Equipment

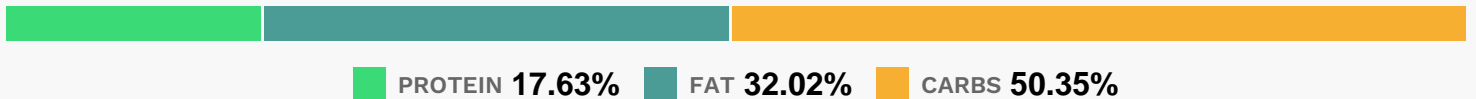
- sauce pan
- oven
- knife
- mixing bowl
- casserole dish
- spatula

## Directions

- Warm the olive oil in a heavy or nonstick saucepan.
- Add the onion and garlic, cover, and cook on medium heat for about 10 minutes.

- Add the cumin, coriander, oregano, enough water to prevent sticking, and the carrots, cover, and cook for 5 minutes.
- Add the bell peppers, zucchini, and chile, cover, and cook for another 5 minutes. Stir in the tomatoes and beans, cover, and simmer for 5 to 10 minutes.
- Remove from the heat.
- Add salt and black pepper to taste. Preheat the oven to 400\*. Prepare a 2-qt. nonreactive casserole dish with cooking spray or a very light coating of oil.
- Spread the vegetable-bean mixture in the bottom of the dish. If you are using the Cheddar cheese, sprinkle it evenly on top. Set aside. In a mixing bowl, thoroughly combine the cornmeal, flour, salt, baking powder, and baking soda. In a separate bowl, beat egg whites till starting to peak, then gently stir in buttermilk, and oil. Gently fold the wet ingredients into the dry, stirring, just until mixed.
- Pour the batter directly on top of the vegetable-bean mixture, pressing it down a little with a spatula.
- Bake for 30 to 35 minutes, until the top is golden and a knife inserted into the topping comes out clean.
- Garnish with minced scallions, chopped cilantro, and, if you like, nonfat sour cream. Enjoy!

## Nutrition Facts



## Properties

Glycemic Index: 74.7, Glycemic Load: 11.71, Inflammation Score: -10, Nutrition Score: 18.190434813499%

## Flavonoids

Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg

## Nutrients (% of daily need)

Calories: 246.31kcal (12.32%), Fat: 9.11g (14.02%), Saturated Fat: 3.58g (22.41%), Carbohydrates: 32.23g (10.74%), Net Carbohydrates: 25.11g (9.13%), Sugar: 6.66g (7.4%), Cholesterol: 15.82mg (5.27%), Sodium: 470.1mg (20.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.28g (22.57%), Vitamin A: 3151.29IU (63.03%), Vitamin C: 29.07mg (35.24%), Manganese: 0.59mg (29.65%), Fiber: 7.12g (28.48%), Vitamin K: 27.86µg (26.53%), Phosphorus:

224.98mg (22.5%), Calcium: 217.43mg (21.74%), Vitamin B6: 0.39mg (19.74%), Folate: 78.92µg (19.73%), Iron: 3.38mg (18.78%), Potassium: 610.33mg (17.44%), Magnesium: 65.29mg (16.32%), Copper: 0.3mg (15.15%), Vitamin B1: 0.22mg (14.35%), Vitamin B2: 0.24mg (14.03%), Selenium: 8.84µg (12.63%), Zinc: 1.84mg (12.26%), Vitamin E: 1.48mg (9.88%), Vitamin B3: 1.83mg (9.17%), Vitamin B5: 0.61mg (6.09%), Vitamin B12: 0.23µg (3.77%), Vitamin D: 0.28µg (1.87%)