

# Authentic Chicken Tamales

Yield: 24 min  
Total Time: 180 min

Recipe from: <https://www.recipeschoose.com/recipes/homemade-mexican-chicken-tamales-recipe>

## Ingredients:

- 30 corn husks dried
- 2 pounds chicken breast boiled and shredded
- 1 pound small tomatoes diced
- 1 ancho chile pepper stem and seeds removed
- 2 large garlic cloves peeled
- 1 1/2 tablespoons olive oil
- 2 cups low sodium chicken broth
- 1/2 cup fresh cilantro chopped
- 10 ounces vegetable shortening
- 1 1/2 teaspoons baking powder
- 4 cups masa harina
- 1 cup low sodium chicken broth

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 25 milligrams
4. Fat: 15 grams
5. Fiber: 3 grams
6. Protein: 11 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 90 milligrams
9. Sugar: 1 grams
10. TransFat: 1.5 grams

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