

Delicious Mexican Tamales

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/tamales-recipe-mexico-in-my-kitchen>

Ingredients:

- 1 1/2 cups corn flour for tamales
- 1/2 cup Mazola Corn Oil
- 2 cups chicken broth
- 1 jalapeno cut julienne style
- 1 strip mozzarella cheese per tamal
- 1 pinch baking powder
- salt to taste
- 1 corn husk per tamal

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 35 grams
3. Fat: 31 grams
4. Fiber: 3 grams
5. Protein: 6 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 250 milligrams
8. Sugar: 1 grams

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