

Best Basic Tamales

Yield: 4 min
Total Time: 95 min

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

Ingredients:

- 30 corn husks dried, preferably with rounded bases
- 1 cup pork lard see note
- 3 cups flour tamal
- 2 cups hot water barely, about 110°F., see note
- 1 teaspoon fine salt
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- 2 teaspoons kosher salt
- 2/3 cup vegetable oil
- 5 cups pork filling, such as, or shredded chicken in any of the mole or adobo sauces, or Sautéed Spinach and Mushrooms

Nutrition:

1. Calories: 1390 calories
2. Carbohydrate: 71 grams
3. Cholesterol: 160 milligrams
4. Fat: 100 grams
5. Fiber: 3 grams
6. Protein: 47 grams
7. SaturatedFat: 26 grams
8. Sodium: 2460 milligrams
9. TransFat: 1 grams

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