

# Instant Pot Tamales

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- dried corn husks soaked in hot water
- dough masa harina, pre-made or prepared according to instructions on package
- savory fillings of your choice
- 1 cup water

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 12 grams
3. Fat: 9 grams
4. Fiber: 1 grams
5. Protein: 2 grams
6. SaturatedFat: 2 grams
7. Sodium: 135 milligrams

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