



Bollo Limpio (Boiled Hominy Corn Rolls)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



345 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons butter melted
- ☐ 5 cups hominy corn cooked
- ☐ 6 servings corn husks for wrapping
- ☐ 2 cups queso fresco grated crumbled
- ☐ 6 servings salt to your taste

Equipment

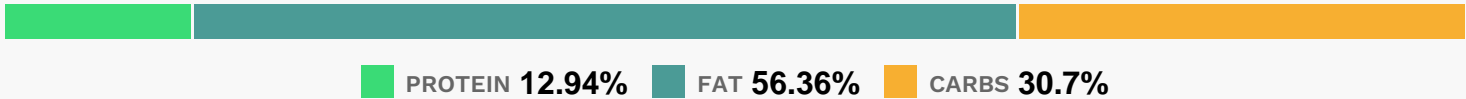
- ☐ food processor
- ☐ bowl

- ☐ pot
- ☐ stove

Directions

- ☐ Place the corn, cheese, melted butter and salt in the food processor and mix until the corn is pureed.
- ☐ Transfer mixture to a bowl and let it sit for 15 minutes.For each bollo, arrange 2 corn husks on a work surface. Divide the mixture evenly and place in the center of the husks.
- ☐ Roll the corn husks so that the filling is completely enclosed. Twist and tie the ends.n large pot place about 2 cups of water.
- ☐ Place the pot on the stove over high heat until the water is boiling, reduce the heat to a simmer and cook for about 40 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:17.58, Glycemic Load:13.24, Inflammation Score:-7, Nutrition Score:10.347391356593%

Nutrients (% of daily need)

Calories: 345.17kcal (17.26%), Fat: 22.96g (35.32%), Saturated Fat: 12.69g (79.34%), Carbohydrates: 28.14g (9.38%), Net Carbohydrates: 25.06g (9.11%), Sugar: 6.78g (7.53%), Cholesterol: 58.16mg (19.39%), Sodium: 590.5mg (25.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.86g (23.71%), Phosphorus: 258.74mg (25.87%), Calcium: 237.5mg (23.75%), Vitamin A: 1015.15IU (20.3%), Zinc: 1.86mg (12.39%), Fiber: 3.08g (12.32%), Vitamin B12: 0.71µg (11.78%), Selenium: 8.25µg (11.78%), Vitamin B5: 1.18mg (11.77%), Manganese: 0.22mg (11.03%), Vitamin B3: 2.18mg (10.88%), Magnesium: 43.41mg (10.85%), Vitamin B6: 0.21mg (10.49%), Potassium: 335.63mg (9.59%), Vitamin B1: 0.14mg (9.14%), Vitamin B2: 0.15mg (8.72%), Vitamin C: 7.06mg (8.56%), Folate: 32.78µg (8.2%), Vitamin D: 1.1µg (7.32%), Vitamin E: 0.59mg (3.94%), Copper: 0.08mg (3.82%), Iron: 0.66mg (3.68%), Vitamin K: 1.9µg (1.81%)