



## Chi Chi's Corn Cake

 Vegetarian  Gluten Free  Popular

READY IN



70 min.

SERVINGS



10

CALORIES



163 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 cup butter
- 0.3 cup cornmeal
- 2 tablespoons heavy cream
- 0.3 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- 0.3 teaspoon salt
- 0.3 cup water
- 0.3 cup sugar white

- 1.5 cups kernel corn whole

## Equipment

- food processor
- bowl
- oven
- blender
- baking pan
- hand mixer
- roasting pan
- aluminum foil
- kitchen towels
- ice cream scoop

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, beat butter with electric mixer until creamy.
- Add masa harina and water and beat until well combined.
- In food processor or blender, process corn in short pulses to coarsely chop. Leave several pieces of whole corn. Stir the processed corn and the cornmeal into the butter mixture.
- In a separate bowl, stir together sugar, cream, salt and baking powder until well combined. Stir sugar mixture into butter mixture and pour all into a 9x9-inch baking dish. Cover with foil.
- Line a roasting pan with a damp kitchen towel.
- Place baking dish on towel, inside roasting pan, and place roasting pan on oven rack. Fill roasting pan with boiling water to reach halfway up the sides of the baking dish.
- Bake 50 to 60 minutes, or until pick inserted in center comes out clean.
- Remove baking dish from water bath and let rest 10 minutes.
- Serve using ice cream scoop or large spoon.

## Nutrition Facts



■ PROTEIN 3.4% ■ FAT 59.41% ■ CARBS 37.19%

## Properties

Glycemic Index:28.06, Glycemic Load:6.44, Inflammation Score:-3, Nutrition Score:2.2182608674402%

## Nutrients (% of daily need)

Calories: 163.14kcal (8.16%), Fat: 11.01g (16.94%), Saturated Fat: 6.63g (41.47%), Carbohydrates: 15.51g (5.17%), Net Carbohydrates: 14.9g (5.42%), Sugar: 6.81g (7.57%), Cholesterol: 27.79mg (9.26%), Sodium: 190.51mg (8.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.83%), Vitamin A: 335.87IU (6.72%), Vitamin B1: 0.07mg (4.83%), Folate: 16.28µg (4.07%), Phosphorus: 35.15mg (3.51%), Vitamin B3: 0.66mg (3.29%), Vitamin B2: 0.05mg (2.85%), Manganese: 0.06mg (2.78%), Magnesium: 10.81mg (2.7%), Iron: 0.48mg (2.69%), Fiber: 0.62g (2.47%), Calcium: 22.59mg (2.26%), Vitamin B6: 0.04mg (2.14%), Vitamin E: 0.31mg (2.04%), Zinc: 0.27mg (1.82%), Potassium: 54.65mg (1.56%), Selenium: 1.01µg (1.45%), Copper: 0.03mg (1.26%)