



Colada de Maizena



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 0.3 cup sugar
- ☐ 1 seeds of vanilla bean
- ☐ 5 cups milk whole

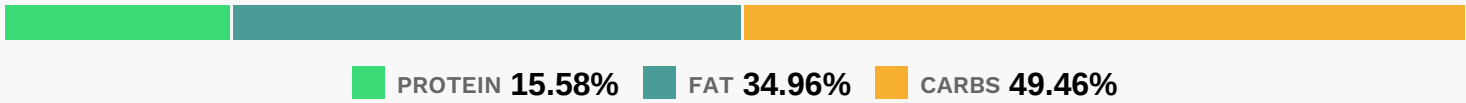
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ In a medium bowl, mix together the maizena or corn starch with 1 cup of the milk until the corn starch is dissolved and there are no lumps.
- ☐ Pour the rest of the milk, the sugar, cinnamon stick and the vanilla seeds into a medium pot, then gradually whisk in the corn starch mixture. Bring the mixture to a boil over medium-high heat, whisking constantly, until the colada is thickened to the consistency of a thin pudding.
- ☐ Remove from heat, discard the cinnamon stick and serve hot.

Nutrition Facts



Properties

Glycemic Index:22.62, Glycemic Load:13.65, Inflammation Score:-3, Nutrition Score:8.3660868746431%

Nutrients (% of daily need)

Calories: 201.81kcal (10.09%), Fat: 8.01g (12.32%), Saturated Fat: 4.54g (28.38%), Carbohydrates: 25.49g (8.5%), Net Carbohydrates: 25.12g (9.13%), Sugar: 25.06g (27.84%), Cholesterol: 29.28mg (9.76%), Sodium: 92.92mg (4.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.03g (16.06%), Calcium: 307.27mg (30.73%), Phosphorus: 246.89mg (24.69%), Vitamin B12: 1.32µg (21.96%), Vitamin B2: 0.34mg (19.97%), Vitamin D: 2.68µg (17.89%), Potassium: 369.28mg (10.55%), Vitamin B5: 0.91mg (9.13%), Vitamin B1: 0.14mg (9.12%), Vitamin A: 397.35IU (7.95%), Vitamin B6: 0.15mg (7.5%), Magnesium: 29.7mg (7.43%), Selenium: 4.74µg (6.77%), Zinc: 1.01mg (6.76%), Manganese: 0.13mg (6.63%), Fiber: 0.37g (1.49%), Vitamin B3: 0.27mg (1.33%)