



WHATSheATE



Colombian-Style Wrapped Corn Cakes (Envuelos de Choclo)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



436 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2 cups cheese grated (mozzarella, queso fresco or farmer cheese)
- ☐ 9 ears corn fresh with the husk
- ☐ 2 eggs
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar

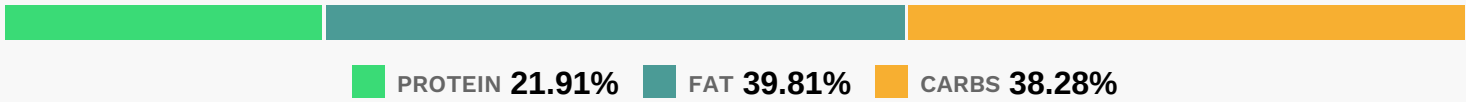
Equipment

- ☐ food processor
- ☐ pot

Directions

- ☐ Remove husks and save for wrapping.
- ☐ Cut the corn kernels off the cob.
- ☐ Place the corn, butter, eggs, sugar, salt and 1 cup of cheese in a food processor.
- ☐ Mix until smooth consistency. For each cake arrange 2 corn husks on a work surface. Divide the corn 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. Have a pot with water ready for steaming. Steam the cakes, covered, in a basket for 1 hour.
- ☐ Serve with grated cheese on top.

Nutrition Facts



Properties

Glycemic Index:30.02, Glycemic Load:4.19, Inflammation Score:-6, Nutrition Score:11.917826154958%

Nutrients (% of daily need)

Calories: 436.23kcal (21.81%), Fat: 20.34g (31.29%), Saturated Fat: 10.86g (67.87%), Carbohydrates: 44.01g (14.67%), Net Carbohydrates: 39.96g (14.53%), Sugar: 18.75g (20.83%), Cholesterol: 135.93mg (45.31%), Sodium: 1161.23mg (50.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.19g (50.37%), Folate: 95.6µg (23.9%), Phosphorus: 225.46mg (22.55%), Vitamin B1: 0.32mg (21.53%), Magnesium: 77.72mg (19.43%), Vitamin B3: 3.6mg (18.02%), Vitamin B5: 1.8mg (17.97%), Manganese: 0.34mg (16.9%), Vitamin C: 13.77mg (16.69%), Potassium: 579.03mg (16.54%), Fiber: 4.05g (16.2%), Vitamin A: 672.41IU (13.45%), Vitamin B2: 0.22mg (12.67%), Selenium: 8.08µg (11.54%), Vitamin B6: 0.23mg (11.3%), Zinc: 1.22mg (8.16%), Iron: 1.45mg (8.04%), Copper: 0.13mg (6.3%), Vitamin E: 0.54mg (3.57%), Vitamin B12: 0.21µg (3.46%), Vitamin D: 0.44µg (2.93%), Calcium: 18.47mg (1.85%), Vitamin K: 1.16µg (1.11%)