



Corn Tomalito

 **Gluten Free**

READY IN



80 min.

SERVINGS



8

CALORIES



171 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 cups whole-kernel corn frozen thawed
- ☐ 0.5 cup cornmeal
- ☐ 5 tablespoons butter softened
- ☐ 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
- ☐ 4 teaspoons milk
- ☐ 0.3 cup splenda® no calorie sweetener
- ☐ 0.5 teaspoon salt

☐ 0.5 cup water

Equipment

☐ food processor

☐ bowl

☐ sauce pan

☐ blender

☐ baking pan

☐ aluminum foil

☐ glass baking pan

Directions

☐ In a medium bowl, mix together the margarine, masa flour, and SPLENDA® Granulated Sweetener until light and fluffy. In a food processor or blender, blend one cup of the corn kernels with the water and cornmeal just until smooth. Stir into the masa mixture.

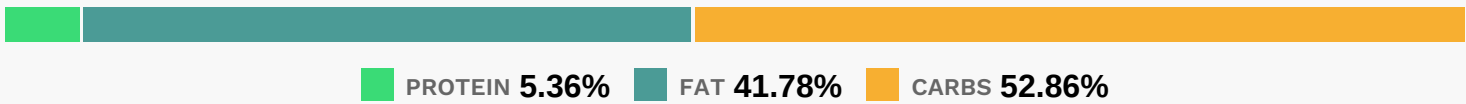
☐ Mix in the remaining corn, baking powder, salt, and milk until the batter is smooth.

☐ Pour into an 8x8 inch glass baking dish.

☐ Place the baking dish over a large saucepan of simmering water. Cover the baking dish tightly with aluminum foil, and steam for 50 to 60 minutes, or until firm. Check water occasionally, and refill if necessary. Stir pudding before serving to give it a consistent texture.

☐ Serve in small scoops.

Nutrition Facts



Properties

Glycemic Index:31.06, Glycemic Load:8.29, Inflammation Score:-4, Nutrition Score:3.7060869737002%

Nutrients (% of daily need)

Calories: 171.31kcal (8.57%), Fat: 8.35g (12.84%), Saturated Fat: 1.73g (10.82%), Carbohydrates: 23.76g (7.92%), Net Carbohydrates: 21.78g (7.92%), Sugar: 8.79g (9.76%), Cholesterol: 0.3mg (0.1%), Sodium: 367.17mg (15.96%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Fiber: 1.98g (7.93%), Vitamin A: 343.11IU (6.86%), Vitamin B1: 0.1mg (6.65%), Folate: 26.08µg (6.52%), Phosphorus: 64.34mg (6.43%), Manganese: 0.13mg (6.34%), Vitamin B3: 1.01mg (5.07%), Magnesium: 20.13mg (5.03%), Vitamin B2: 0.08mg (4.77%), Vitamin B6: 0.09mg (4.65%), Calcium: 42.28mg (4.23%), Iron: 0.73mg (4.06%), Zinc: 0.52mg (3.44%), Potassium: 103.38mg (2.95%), Copper: 0.05mg (2.33%), Vitamin E: 0.35mg (2.31%), Vitamin B5: 0.23mg (2.28%), Selenium: 1.39µg (1.99%)