



## Ecuadorian Humitas

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



30

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup butter softened ( )
- 1 tsp calumet baking powder
- 6 ears corn on the cob fresh with husks)
- 1 cup cornmeal
- 3 eggs
- 8 oz mozzarella cheese cut in 1/2-inch cubes kraft
- 0.5 cup onion chopped
- 2 cups water

## Equipment

- bowl
- pot
- blender
- steamer basket

## Directions

- Remove green husks and silk from corn, being careful to keep husks whole. Discard silk.
- Place husks in large pot of boiling water and blanch 1 minute.
- Remove from water; drain.
- Cut kernels off cobs.
- Place half of the kernels and onions in blender container; cover. Blend on medium speed until smooth.
- Pour into large bowl.
- Place remaining corn kernels, butter, baking powder, eggs and cornmeal in blender container; cover. Blend until smooth.
- Add to corn puree in bowl. Stir in cheese. (Batter will be thick but not stiff.)
- Place 2 of the corn husks on work surface, with long sides slightly overlapping. Spoon 1/4 cup of the corn puree onto bottom half of the husks; fold the top of the husks over the filling. Fold in half from the left side, then fold in half again from the right side. (One end of each humita should remain open.) Repeat with 3/4 of the remaining corn husks and remaining corn puree. Keep folded ends in place by tying closed with thin strips of the remaining corn husks.
- Fill a large pot with 2 cups water. Line steamer basket with half of the leftover corn husks; place in pot. Stand the humitas, open ends up, in the basket; cover with the remaining corn husks. Cover the pot with a lid. Bring water to boil on high heat. Reduce heat to low; steam 30 minutes or until humitas are firm.

## Nutrition Facts



**PROTEIN 16.47%** **FAT 45.96%** **CARBS 37.57%**

## Properties

Glycemic Index:8.82, Glycemic Load:2.45, Inflammation Score:-2, Nutrition Score:2.8286956445031%

## Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

## Nutrients (% of daily need)

Calories: 79.52kcal (3.98%), Fat: 4.2g (6.46%), Saturated Fat: 2.22g (13.87%), Carbohydrates: 7.72g (2.57%), Net Carbohydrates: 6.82g (2.48%), Sugar: 1.42g (1.58%), Cholesterol: 26.41mg (8.8%), Sodium: 87.29mg (3.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.77%), Phosphorus: 68.3mg (6.83%), Calcium: 52.65mg (5.27%), Selenium: 3.09µg (4.42%), Magnesium: 14.88mg (3.72%), Fiber: 0.9g (3.62%), Vitamin B12: 0.21µg (3.58%), Zinc: 0.53mg (3.55%), Manganese: 0.07mg (3.51%), Vitamin B2: 0.06mg (3.39%), Vitamin B1: 0.05mg (3.28%), Folate: 12.52µg (3.13%), Vitamin A: 155.85IU (3.12%), Vitamin B6: 0.06mg (3.08%), Vitamin B5: 0.24mg (2.44%), Potassium: 81.86mg (2.34%), Vitamin B3: 0.46mg (2.32%), Iron: 0.39mg (2.15%), Vitamin C: 1.42mg (1.72%), Copper: 0.03mg (1.51%)