



Maja Blanca (Coconut Pudding)



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



145 min.

SERVINGS



10

CALORIES



120 kcal

SIDE DISH

Ingredients



1 cup coconut milk



0.3 cup corn kernels fresh sweet



0.5 cup cornstarch



0.3 cup coconut or sweetened flaked



0.8 cup water



0.5 cup sugar white

Equipment



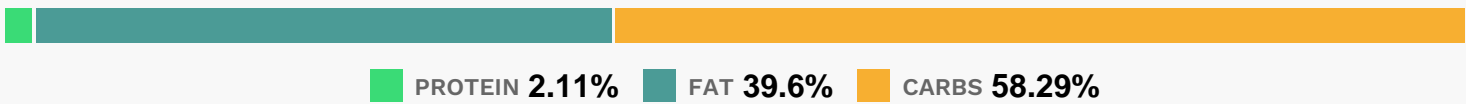
bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan
- ☐ pie form

Directions

- ☐ Butter an 8-inch baking dish or pie pan, and set aside.
- ☐ Mix 1/2 cup of water with the cornstarch in a bowl, and stir until smooth.
- ☐ Combine the coconut milk, 3/4 cup of water, and sugar in a saucepan over low heat, and stir until the sugar is dissolved. Bring the mixture to a boil, add the corn kernels, and then stir in the cornstarch mixture, stirring quickly to avoid lumps as it becomes very thick. Bring the mixture back to a boil, and simmer until fully thickened and smooth, stirring constantly, about 2 minutes.
- ☐ Pour the maja blanca into the prepared dish, and set aside to cool until firm, about 2 hours.
- ☐ Place the coconut flakes in a dry skillet over medium heat, and stir to toast. Watch them carefully so they don't burn.
- ☐ Remove the toasted coconut flakes to a bowl, let cool, and sprinkle over the pudding before serving.

Nutrition Facts



Properties

Glycemic Index:16.71, Glycemic Load:7.6, Inflammation Score:-1, Nutrition Score:1.5260869620125%

Nutrients (% of daily need)

Calories: 120.21kcal (6.01%), Fat: 5.5g (8.46%), Saturated Fat: 4.85g (30.3%), Carbohydrates: 18.22g (6.07%), Net Carbohydrates: 17.87g (6.5%), Sugar: 10.99g (12.21%), Cholesterol: 0mg (0%), Sodium: 11.1mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Manganese: 0.2mg (10.18%), Iron: 0.83mg (4.62%), Magnesium: 13.19mg (3.3%), Copper: 0.07mg (3.27%), Phosphorus: 27.88mg (2.79%), Potassium: 67.57mg (1.93%), Fiber: 0.34g (1.36%), Folate: 4.75µg (1.19%), Vitamin B3: 0.22mg (1.11%), Zinc: 0.16mg (1.1%)