



Maja Blanca con Mais



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



455 kcal

SIDE DISH

Ingredients

- ☐ 13.5 oz coconut milk canned
- ☐ 0.5 cup optional: of coconut shredded sweetened toasted
- ☐ 1 can condensed milk
- ☐ 8 servings optional: add'l corn kernels fresh cooked for garnish
- ☐ 0.8 cup cornstarch
- ☐ 16 oz half and half 50% (or my way, h-n-h and regular milk)
- ☐ 0.5 cup sugar (the larger amount yields a medium-sweet dessert. use the smaller amount if you prefer)

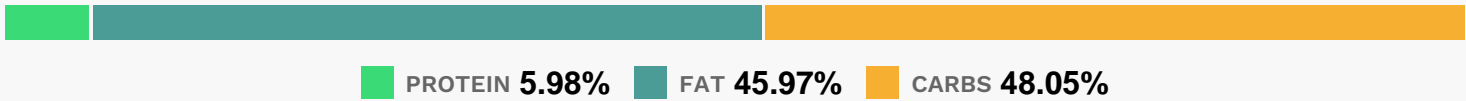
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ glass baking pan

Directions

- ☐ In a large saucepan, heat together the coconut milk, canned corn and sugar over medium heat, about 10 minutes.
- ☐ Add the condensed milk and continue over medium heat for about five minutes.
- ☐ In a bowl, stir together the half and half and corn starch until smooth.
- ☐ Add the corn starch/milk mixture to the saucepan and cook for another 8–12 minutes. The mixture should thicken slowly towards the end of the cooking time.
- ☐ Take off the heat and pour into a glass baking dish or into separate glasses. Leave to cool to room temperature before chilling for a few hours (or overnight) in the refrigerator.
- ☐ Garnish with toasted shredded coconut and/or fresh corn before serving.

Nutrition Facts



Properties

Glycemic Index:17.64, Glycemic Load:25.18, Inflammation Score:-3, Nutrition Score:8.6730433832044%

Nutrients (% of daily need)

Calories: 455.42kcal (22.77%), Fat: 23.95g (36.84%), Saturated Fat: 18.29g (114.29%), Carbohydrates: 56.32g (18.77%), Net Carbohydrates: 54.69g (19.89%), Sugar: 43.7g (48.55%), Cholesterol: 36.67mg (12.22%), Sodium: 108.88mg (4.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.01%), Manganese: 0.52mg (26.24%), Phosphorus: 234.61mg (23.46%), Calcium: 210mg (21%), Vitamin B2: 0.32mg (18.83%), Selenium: 13.03µg (18.61%), Potassium: 404.04mg (11.54%), Magnesium: 38.33mg (9.58%), Copper: 0.17mg (8.44%), Zinc: 1.07mg (7.16%), Vitamin A: 333.33IU (6.67%), Fiber: 1.63g (6.52%), Vitamin B5: 0.64mg (6.41%), Iron: 1.09mg (6.08%), Vitamin B12: 0.33µg (5.43%), Vitamin B1: 0.08mg (5.18%), Folate: 16.47µg (4.12%), Vitamin C: 3.32mg (4.02%), Vitamin B6: 0.07mg (3.62%), Vitamin B3: 0.57mg (2.83%), Vitamin E: 0.31mg (2.04%), Vitamin K: 1.09µg (1.04%)