



Sweet Corn Cakes

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



204 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 cup butter softened
- 1.5 cups corn kernels frozen thawed
- 0.3 cup cornmeal
- 2 tablespoons heavy cream
- 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
- 0.3 teaspoon salt
- 0.3 cup water

0.3 cup sugar white

Equipment

food processor

bowl

frying pan

oven

blender

hand mixer

toothpicks

aluminum foil

Directions

Preheat oven to 375 degrees F (190 degrees C).

In a medium bowl, beat butter with an electric mixer until creamy. Beat in the masa harina and water until well combined.

Put the corn in a blender or food processor and coarsely chop on low speed. Stir the corn and the cornmeal into the butter mixture. In another bowl, mix together the sugar, cream, salt and baking powder.

Combine the two mixtures until well blended.

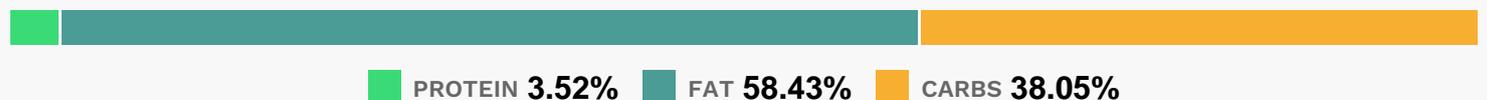
Pour the batter into an ungreased 8x8 pan.

Cover the pan with foil and place into a 9x13 inch pan filled 3/4 inch high with hot water.

Bake in preheated oven for 50 to 60 minutes, until a toothpick inserted into center of the cake comes out clean.

Remove small pan from water and let sit for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:35.07, Glycemic Load:8.05, Inflammation Score:-3, Nutrition Score:3.2069565433523%

Nutrients (% of daily need)

Calories: 203.71kcal (10.19%), Fat: 13.74g (21.13%), Saturated Fat: 8.31g (51.92%), Carbohydrates: 20.13g (6.71%), Net Carbohydrates: 18.74g (6.81%), Sugar: 9.88g (10.97%), Cholesterol: 34.74mg (11.58%), Sodium: 255.34mg (11.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Vitamin A: 433.67IU (8.67%), Vitamin B1: 0.1mg (6.52%), Folate: 23.57µg (5.89%), Fiber: 1.39g (5.55%), Vitamin B2: 0.08mg (4.92%), Phosphorus: 46.55mg (4.65%), Vitamin B3: 0.91mg (4.55%), Manganese: 0.09mg (4.44%), Magnesium: 14.42mg (3.61%), Iron: 0.63mg (3.48%), Vitamin B6: 0.06mg (3.25%), Calcium: 28.6mg (2.86%), Vitamin E: 0.41mg (2.73%), Zinc: 0.36mg (2.41%), Potassium: 76.28mg (2.18%), Selenium: 1.45µg (2.08%), Vitamin B5: 0.17mg (1.73%), Copper: 0.03mg (1.65%), Vitamin K: 1.12µg (1.07%)