



Sweet Mexican Corn Cake

 Vegetarian

READY IN



120 min.

SERVINGS



19

CALORIES



341 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 8 eggs
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 2 cups flour all-purpose
- ☐ 4 cups corn kernels fresh
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon salt
- ☐ 14 ounce condensed milk sweetened canned

- ☐ 1.3 cups butter unsalted softened
- ☐ 1 cup sugar white

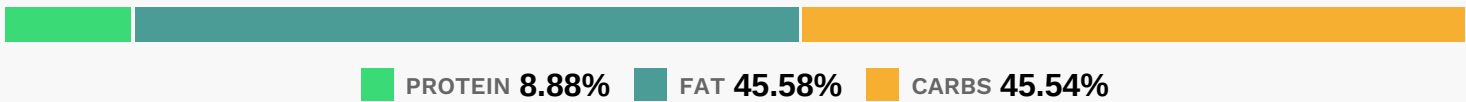
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease and flour a 10x15–inch baking pan. Sift the flour, baking powder, cinnamon, and salt together into a bowl. Set aside.
- ☐ Beat the butter and sugar together with an electric mixer in a large bowl until light and fluffy. Blend the eggs into the mixture one at a time. Stir the condensed milk and evaporated milk into the mixture.
- ☐ Add the flour mixture and mix until just incorporated. Fold the corn kernels into the batter, mixing just enough to evenly combine.
- ☐ Pour the batter into prepared pan.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 40 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:15.95, Glycemic Load:21.6, Inflammation Score:-5, Nutrition Score:8.1921738904455%

Nutrients (% of daily need)

Calories: 340.88kcal (17.04%), Fat: 17.68g (27.2%), Saturated Fat: 10.38g (64.85%), Carbohydrates: 39.76g (13.25%), Net Carbohydrates: 38.74g (14.09%), Sugar: 25.77g (28.63%), Cholesterol: 113.54mg (37.85%), Sodium: 223.94mg (9.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.75g (15.49%), Selenium: 14.07µg (20.1%), Vitamin B2: 0.32mg (18.79%), Phosphorus: 177.09mg (17.71%), Calcium: 138.22mg (13.82%), Vitamin A: 631.05IU (12.62%), Folate: 49.85µg (12.46%), Vitamin B1: 0.19mg (12.42%), Vitamin B5: 0.85mg (8.53%), Manganese: 0.17mg (8.34%), Potassium: 260.47mg (7.44%), Vitamin B3: 1.42mg (7.09%), Iron: 1.21mg (6.72%), Magnesium: 26.75mg (6.69%), Zinc: 0.83mg (5.52%), Vitamin B12: 0.31µg (5.2%), Vitamin D: 0.65µg (4.37%), Vitamin B6: 0.09mg (4.31%), Vitamin E: 0.64mg (4.24%), Fiber: 1.02g (4.09%), Vitamin C: 2.98mg (3.61%), Copper: 0.06mg (2.92%), Vitamin K: 1.5µg (1.43%)