



Tomalito - Sweet Corn Pudding or Cake

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



224 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 0.3 cup cornmeal
- ☐ 2 cups regular corn frozen divided thawed
- ☐ 2 tablespoons heavy whipping 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

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ casserole dish
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Beat butter in a medium bowl with an electric mixer until creamy. Beat masa harina and water into creamed butter until smooth.
- ☐ Place 1 cup corn in a blender; blend until smooth. Stir blended corn, remaining 1 cup corn, and cornmeal into masa harina mixture.
- ☐ Mix sugar, cream, baking powder, and salt together in a separate bowl.
- ☐ Pour sugar mixture into corn mixture; stir to combine. Spoon corn batter into an ungreased 8-inch square baking dish. Smooth the top of the batter with a spatula. Cover dish with aluminum foil.
- ☐ Fill a 9x13-inch casserole dish 1/3 full of hot water.
- ☐ Place the covered 8-inch square dish into the water.
- ☐ Bake in the preheated oven until a toothpick inserted in the center of the cake comes out clean, 50 to 60 minutes.
- ☐ Remove 8x8-inch dish from water bath and let cool for 10 minutes.

Nutrition Facts



 **PROTEIN 4.27%**  **FAT 52.43%**  **CARBS 43.3%**

Properties

Glycemic Index:35.07, Glycemic Load:8.05, Inflammation Score:-4, Nutrition Score:4.3052174073199%

Nutrients (% of daily need)

Calories: 223.53kcal (11.18%), Fat: 13.68g (21.05%), Saturated Fat: 8.28g (51.76%), Carbohydrates: 25.42g (8.47%), Net Carbohydrates: 23.5g (8.54%), Sugar: 8.51g (9.46%), Cholesterol: 34.74mg (11.58%), Sodium: 194.36mg (8.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Vitamin B1: 0.13mg (8.59%), Vitamin A: 421.49IU (8.43%), Fiber: 1.93g (7.71%), Folate: 28.69µg (7.17%), Phosphorus: 68.29mg (6.83%), Vitamin B3: 1.3mg (6.48%), Vitamin B6: 0.13mg (6.37%), Manganese: 0.12mg (5.94%), Magnesium: 23.62mg (5.91%), Vitamin B2: 0.09mg (5.45%), Iron: 0.82mg (4.58%), Potassium: 156.97mg (4.48%), Zinc: 0.55mg (3.68%), Vitamin C: 2.99mg (3.63%), Calcium: 29.33mg (2.93%), Vitamin E: 0.38mg (2.55%), Selenium: 1.6µg (2.28%), Copper: 0.04mg (2.19%), Vitamin B5: 0.18mg (1.85%), Vitamin K: 1.12µg (1.07%)