



## Torta de Choclo (Colombian-Style Corn Cake)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



313 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 5 tablespoons butter melted
- ☐ 4 tablespoons cornstarch
- ☐ 4 large eggs beaten
- ☐ 5 cups regular corn fresh
- ☐ 0.5 pound mozzarella cheese grated
- ☐ 1 pinch salt
- ☐ 3 tablespoons sugar

- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 cup milk whole

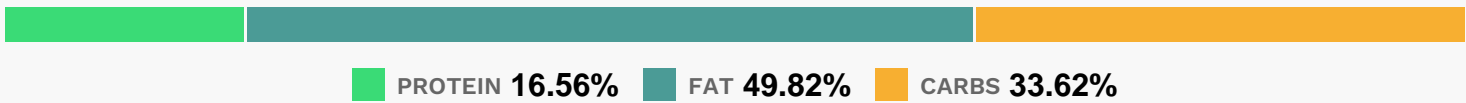
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ baking pan

## Directions

- ☐ Place the corn in the food processor. Preheat an oven to 350°F. Grease a baking pan.In a large bowl, stir together the corn, corn starch, sugar, baking powder and salt. In another bowl, mix together the milk, eggs, vanilla extract and butter until just combined.
- ☐ Add the cheese and mix well.Stir the milk mixture into the cornmeal mixture until just combined.
- ☐ Spread the batter in the prepared pan.
- ☐ Bake until a knife inserted into the center comes out clean, about 25 minutes.
- ☐ Let stand in the pan for at least 5 minutes.
- ☐ Place a baking sheet over the pan, carefully invert the pan and sheet, and let the corn cake fall onto the sheet.
- ☐ Cut into squares and serve hot or warm.

## Nutrition Facts



## Properties

Glycemic Index:34.64, Glycemic Load:3.88, Inflammation Score:-6, Nutrition Score:10.760434840036%

Nutrients (% of daily need)

Calories: 312.76kcal (15.64%), Fat: 18.03g (27.73%), Saturated Fat: 9.87g (61.69%), Carbohydrates: 27.36g (9.12%), Net Carbohydrates: 25.51g (9.28%), Sugar: 12.04g (13.37%), Cholesterol: 137.87mg (45.96%), Sodium: 313.21mg (13.62%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 13.48g (26.97%), Phosphorus: 266.68mg (26.67%), Calcium: 206.08mg (20.61%), Selenium: 13.84µg (19.78%), Vitamin B12: 1.05µg (17.47%), Vitamin B2: 0.29mg (17.08%), Vitamin A: 764.18IU (15.28%), Folate: 52.06µg (13.01%), Vitamin B5: 1.2mg (11.96%), Vitamin B1: 0.18mg (11.77%), Magnesium: 46.21mg (11.55%), Zinc: 1.7mg (11.35%), Potassium: 349mg (9.97%), Vitamin B3: 1.69mg (8.44%), Manganese: 0.17mg (8.35%), Vitamin B6: 0.16mg (7.81%), Vitamin C: 6.16mg (7.47%), Fiber: 1.85g (7.39%), Vitamin D: 0.95µg (6.33%), Iron: 1.07mg (5.95%), Vitamin E: 0.6mg (3.99%), Copper: 0.07mg (3.64%), Vitamin K: 1.7µg (1.62%)