

Venezuelan Corn Pancakes (Cachapas)

Yield: 2 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/cachapas-portuguesa-recipe>

Ingredients:

- 1 cup sweet corn
- 1 can sweet yellow corn
- 1 tablespoon sugar
- 1 teaspoon salt
- 2 tablespoons flour
- 1/2 cup water
- 1/2 cup milk
- butter
- cheddar cheese or mozzarella cheese, sliced

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 45 milligrams
4. Fat: 17 grams
5. Fiber: 3 grams
6. Protein: 8 grams
7. SaturatedFat: 10 grams
8. Sodium: 1380 milligrams
9. Sugar: 12 grams

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