

El Torito Sweet Corn Cake

#FamousRestaurantCopycats

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/el-torito-recipe-for-mexican-spoon-bread>

Ingredients:

- 1/4 cup butter unsalted
- 2 tablespoons shortening
- 1/2 cup masa harina
- 3 tablespoons cold water
- 10 ounces frozen corn kernels
- 3 tablespoons cornmeal
- 1/4 cup sugar
- 2 tablespoons whipping cream
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 35 milligrams
4. Fat: 21 grams
5. Fiber: 3 grams
6. Protein: 4 grams
7. SaturatedFat: 10 grams
8. Sodium: 270 milligrams
9. Sugar: 15 grams
10. TransFat: 1 grams

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