

Mexican Sweet Corn Tomalito

Yield: 12 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-sweet-corn-tomalito-recipe>

Ingredients:

- 6 tablespoons salted butter softened
- 1/3 cup cornflour Bob's Red Mill, or Masa Harina
- 4 tablespoons water
- 1/2 cup cream style, Sweet Corn
- 1 cup frozen whole kernel corn thawed & drained
- 1/2 cup cornmeal
- 1/3 cup white sugar
- 2 tablespoons heavy whipping cream or milk
- 1/4 teaspoon salt
- 1/2 teaspoon baking powder
- 4 ounces green chiles can dice, drained, Optional

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 25 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 6 grams
8. Sodium: 120 milligrams
9. Sugar: 7 grams

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