

Sweet Corn Tomalito

Yield: 8 min
Total Time: 80 min

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

Ingredients:

- 5 tablespoons margarine softened
- 1/4 cup masa harina
- 1/3 cup white sugar
- 1/2 cup water
- 2 cups frozen whole kernel corn thawed
- 1/2 cup cornmeal
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 4 teaspoons milk

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 25 grams
3. Fat: 8 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 280 milligrams
8. Sugar: 10 grams
9. TransFat: 1.5 grams

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