



Black Bean and Chorizo Sopecitos

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup refried black beans warmed
- 0.3 lb mexican chorizo crumbled cooked drained
- 1 lb corn masa dough prepared
- 0.5 cup knudsen cream sour
- 0.3 cup cilantro leaves fresh chopped
- 1 cup sharp cheddar cheese shredded kraft

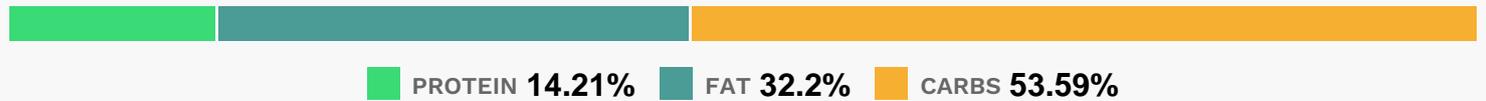
Equipment

- frying pan

Directions

- Heat nonstick griddle to medium heat. Meanwhile, shape masa into 24 balls, using 1 Tbsp. for each; flatten each slightly into disk.
- Add in batches, to griddle; cook 1-1/2 min. or until lightly browned on both sides, turning every 30 sec. Cool slightly.
- Use your thumb or forefinger to make 1/4-inch border around edge of each sope.
- Serve topped with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:3.194782630095%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 72.41kcal (3.62%), Fat: 2.64g (4.06%), Saturated Fat: 1.15g (7.2%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 8.77g (3.19%), Sugar: 0.11g (0.12%), Cholesterol: 6.29mg (2.1%), Sodium: 20.05mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.24%), Vitamin B1: 0.18mg (11.95%), Folate: 30.93µg (7.73%), Vitamin B2: 0.11mg (6.55%), Vitamin B3: 1.15mg (5.77%), Iron: 1mg (5.57%), Phosphorus: 45.46mg (4.55%), Fiber: 1.1g (4.41%), Calcium: 39.53mg (3.95%), Magnesium: 14.63mg (3.66%), Selenium: 2.55µg (3.64%), Manganese: 0.07mg (3.54%), Vitamin B6: 0.06mg (3.01%), Zinc: 0.37mg (2.44%), Vitamin A: 87.62IU (1.75%), Copper: 0.03mg (1.55%), Potassium: 51.38mg (1.47%)