



Black Bean Sopes



Vegetarian



Gluten Free

Image not found or type unknown

READY IN

ready

35 min.

SERVINGS

servings

12

CALORIES

calories

106 kcal

SIDE DISH

Ingredients



15 ounce black beans rinsed drained canned



2 tablespoons canola oil



18 ounce polenta prepared



1 tablespoon hot sauce



1 cup lettuce shredded



1 tablespoon juice of lime



1.3 cups salsa jarred



0.5 cup cup heavy whipping cream sour

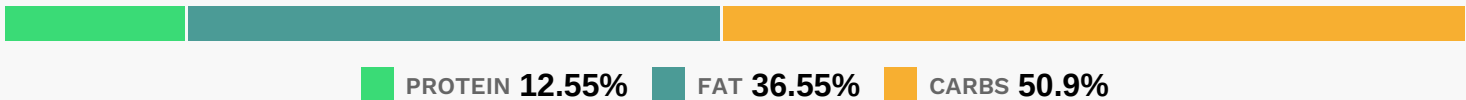
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ potato masher
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Slice the polenta in half crosswise. Then slice each half into 6 rounds, about 1/2-inch thick, so that you have 12 rounds total.
- ☐ Heat the canola oil in a large nonstick skillet over medium-high heat. Gently slide each polenta round into the hot oil using a spatula. If your pan is not large enough then fry 6 at a time. Fry until golden brown and cooked through, about 5 minutes per side.
- ☐ Remove from the oil and drain on a paper towel-lined sheet tray.
- ☐ In a medium bowl, combine the beans, salsa and the 2 teaspoons hot sauce. Mash the beans with a fork or potato masher.
- ☐ In a small bowl, combine the sour cream, remaining 1 tablespoon hot sauce and the lime juice and mix until well blended.
- ☐ Build the sopas by spreading about 2 tablespoons mashed black beans on top of a fried polenta round. Top with a small amount of shredded lettuce and about 1 tablespoon of the salsa and drizzle with some of the sour cream mixture.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:4.2321739494801%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 106.06kcal (5.3%), Fat: 4.44g (6.83%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 13.91g (4.64%), Net Carbohydrates: 10.77g (3.92%), Sugar: 1.55g (1.73%), Cholesterol: 5.65mg (1.88%), Sodium: 346.82mg (15.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Fiber: 3.14g (12.56%), Manganese: 0.13mg (6.51%), Folate: 25.63µg (6.41%), Phosphorus: 60.39mg (6.04%), Potassium: 211.41mg (6.04%), Vitamin E: 0.8mg (5.32%), Magnesium: 20.12mg (5.03%), Iron: 0.89mg (4.96%), Copper: 0.1mg (4.86%), Vitamin B1: 0.07mg (4.76%), Vitamin A: 236.8IU (4.74%), Vitamin B2: 0.07mg (4.26%), Vitamin B6: 0.08mg (4.24%), Vitamin K: 4.42µg (4.21%), Vitamin C: 2.91mg (3.53%), Calcium: 32.28mg (3.23%), Selenium: 2.21µg (3.16%), Vitamin B3: 0.62mg (3.09%), Zinc: 0.32mg (2.12%), Vitamin B5: 0.19mg (1.93%)