



Easy Mexican Sopos



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



243 kcal

SIDE DISH

Ingredients

- ☐ 3 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 1 quart oil for frying
- ☐ 1 tablespoon salt

Equipment

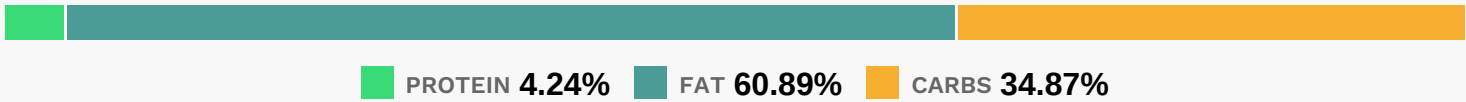
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

☐ tongs

Directions

- ☐ Whisk masa harina and salt together; stir enough water into mixture until dough is smooth and holds together. Form dough into 2-inch balls. Flatten each ball to a 1/2-inch thick circle.
- ☐ Heat oil to 400 degrees F (200 degrees C) in a deep-fryer or large saucepan.
- ☐ Fry dough in the hot oil until sopas are just lightly browned, about 30 seconds per side.
- ☐ Remove sopas with tongs and place on a paper towel-lined plate; cool just until sopas can be handled. Pinch the edges of each sope together forming little 'boats'. Return to hot oil and fry until golden and cooked through, 1 to 2 minutes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:7.1456522034562%

Nutrients (% of daily need)

Calories: 243.45kcal (12.17%), Fat: 16.87g (25.96%), Saturated Fat: 1.31g (8.2%), Carbohydrates: 21.74g (7.25%), Net Carbohydrates: 19.92g (7.24%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 582.79mg (25.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.29%), Vitamin B1: 0.42mg (28.02%), Vitamin E: 2.76mg (18.4%), Folate: 59.56µg (14.89%), Vitamin B3: 2.83mg (14.15%), Vitamin B2: 0.23mg (13.5%), Iron: 2.14mg (11.89%), Vitamin K: 11.25µg (10.71%), Fiber: 1.82g (7.3%), Vitamin B6: 0.14mg (6.77%), Magnesium: 26.52mg (6.63%), Manganese: 0.13mg (6.44%), Phosphorus: 60.99mg (6.1%), Selenium: 3.99µg (5.7%), Calcium: 39.12mg (3.91%), Zinc: 0.51mg (3.43%), Copper: 0.05mg (2.59%), Potassium: 75.07mg (2.15%), Vitamin A: 60.99IU (1.22%)