



Green Chile Sopes with Chipotle Mayonnaise, Shrimp, and Pineapple Slaw



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 15 ounce pinto beans undrained canned
- ☐ 0.3 cup carrots shredded
- ☐ 7 ounce chipotle chiles in adobo sauce canned
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 2.5 cups cabbage green very thinly sliced

- ☐ 0.5 cup green onions thinly sliced
- ☐ 2 teaspoons juice of lime fresh
- ☐ 2 tablespoons mayonnaise low-fat
- ☐ 2 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 0.5 cup onion vertically sliced
- ☐ 2 tablespoons vegetable oil; peanut oil preferred divided
- ☐ 0.8 cup pineapple fresh cubed ()
- ☐ 1 poblano chile
- ☐ 0.3 cup julienne-cut radishes (2 large)
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 1.3 cups water
- ☐ 2 teaspoons vinegar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ slotted spoon

Directions

- ☐ To prepare mayonnaise, remove 1 teaspoon adobo sauce from can; reserve remaining sauce and chiles for another use.
- ☐ Combine 1 teaspoon adobo sauce, mayonnaise, lime juice, 1/8 teaspoon salt, and garlic, stirring well. Cover and chill.
- ☐ To prepare slaw, combine the cabbage and next 8 ingredients (cabbage through 1/8 teaspoon salt) in a medium bowl, tossing to combine. Cover and chill.
- ☐ Preheat broiler.
- ☐ To prepare chile, place poblano on a foil-lined baking sheet; broil 10 minutes or until blackened, turning occasionally.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel chile; cut in half lengthwise. Discard the seeds and membranes. Thinly slice chile; set aside.
- ☐ To prepare shrimp, heat a large nonstick skillet over medium-high heat.
- ☐ Sprinkle 1/8 teaspoon salt and black pepper over shrimp. Coat pan with cooking spray.
- ☐ Add shrimp to pan; cook 3 minutes on each side or until done.
- ☐ Remove from pan; keep warm.
- ☐ To prepare pinto beans, place beans in a small saucepan over medium-high heat; bring to a boil. Reduce heat; cover and keep warm.
- ☐ To prepare sopes, combine masa harina, water, and 1/2 teaspoon salt; stir until a dense dough forms. Divide masa mixture into 8 equal portions.
- ☐ Roll each portion into a ball using moist hands. Pat each ball into a 1/4-inch-thick patty.
- ☐ Wipe skillet with a paper towel.
- ☐ Heat pan over medium-high heat.
- ☐ Add 1 tablespoon oil.
- ☐ Place 4 sopes in pan; cook 5 minutes or until browned. Lightly coat tops of sopes with cooking spray. Turn over; cook 5 minutes or until browned. Repeat procedure with remaining oil and sopes.
- ☐ Place about 1 cup slaw on each of 4 plates. Arrange 2 sopes on each plate. Using a slotted spoon, spoon 2 tablespoons pinto beans on each sope; top each with 2 shrimp. Spoon 1 teaspoon mayonnaise over each sope. Divide the poblano strips evenly among servings.

Nutrition Facts



 **PROTEIN 17.77%**  **FAT 20.38%**  **CARBS 61.85%**

Properties

Glycemic Index:109.88, Glycemic Load:8.9, Inflammation Score:-9, Nutrition Score:32.610869635706%

Flavonoids

Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg

Nutrients (% of daily need)

Calories: 506.8kcal (25.34%), Fat: 11.86g (18.24%), Saturated Fat: 1.96g (12.28%), Carbohydrates: 80.93g (26.98%), Net Carbohydrates: 64.28g (23.38%), Sugar: 11.56g (12.85%), Cholesterol: 92.41mg (30.8%), Sodium: 802.54mg (34.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.26g (46.52%), Vitamin C: 62.45mg (75.7%), Vitamin K: 72.08µg (68.64%), Fiber: 16.65g (66.58%), Vitamin B1: 0.99mg (66%), Manganese: 1.1mg (54.83%), Folate: 188.92µg (47.23%), Iron: 8.05mg (44.74%), Phosphorus: 379.31mg (37.93%), Vitamin A: 1831.58IU (36.63%), Vitamin B3: 6.56mg (32.8%), Magnesium: 127.97mg (31.99%), Vitamin B2: 0.54mg (31.67%), Copper: 0.6mg (30.23%), Vitamin B6: 0.57mg (28.33%), Potassium: 879.26mg (25.12%), Calcium: 212.59mg (21.26%), Zinc: 2.7mg (17.97%), Vitamin E: 2.2mg (14.65%), Selenium: 8.7µg (12.43%), Vitamin B5: 0.53mg (5.32%)