



## Poblano Sopes with Avocado Salad

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



344 kcal

SIDE DISH

### Ingredients

- 1 cup avocado peeled coarsely chopped
- 2 cups baby arugula
- 0.5 teaspoon pepper black divided freshly ground
- 2 tablespoons canola oil
- 1.5 cups cherry tomatoes halved
- 2 tablespoons cilantro leaves
- 1.5 teaspoons juice of lime fresh
- 1 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal

- 1.5 teaspoons olive oil extra-virgin
- 1 poblano chile
- 0.5 cup queso fresco crumbled
- 0.3 cup quinoa uncooked
- 0.5 teaspoon salt divided
- 0.3 teaspoon sugar
- 1 cup warm water

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- aluminum foil
- broiler

## Directions

- Preheat broiler.
- Cut chile in half lengthwise; discard seeds and membranes.
- Place chile halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 6 minutes or until blackened.
- Place in a paper bag; fold to close tightly.
- Let stand 5 minutes. Peel and chop chile.
- Preheat oven to 35
- Combine chile, uncooked quinoa, masa harina, 1 cup water, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a medium bowl; stir until a soft dough forms. Divide mixture into 4 equal pieces; shape each piece into a 4-inch patty.
- Heat a large ovenproof skillet over medium-high heat.

- Add canola oil to pan; swirl to coat.
- Add sopes to pan; cook 3 minutes or until browned. Turn sopes over; place pan in oven.
- Bake at 350 for 10 minutes or until browned and heated through.
- Combine remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, olive oil, juice, and sugar in a medium bowl, stirring with a whisk.
- Add arugula and remaining ingredients; toss gently to coat.
- Serve over sopes.

## Nutrition Facts

**PROTEIN 9.76%**

**FAT 49.18%**

**CARBS 41.06%**

### Properties

Glycemic Index:54.02, Glycemic Load:0.63, Inflammation Score:-8, Nutrition Score:19.38826078954%

### Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

### Nutrients (% of daily need)

Calories: 344.47kcal (17.22%), Fat: 19.58g (30.12%), Saturated Fat: 3.75g (23.45%), Carbohydrates: 36.77g (12.26%), Net Carbohydrates: 30.56g (11.11%), Sugar: 3.2g (3.55%), Cholesterol: 10.52mg (3.51%), Sodium: 422.7mg (18.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.74g (17.48%), Vitamin C: 42.53mg (51.55%), Vitamin B1: 0.53mg (35.5%), Folate: 130.85µg (32.71%), Vitamin K: 29.63µg (28.22%), Manganese: 0.56mg (27.98%), Fiber: 6.21g (24.85%), Vitamin B2: 0.37mg (21.69%), Phosphorus: 215.31mg (21.53%), Vitamin B6: 0.41mg (20.75%), Vitamin B3: 4.13mg (20.64%), Vitamin E: 3.01mg (20.07%), Iron: 3.52mg (19.58%), Magnesium: 75.9mg (18.98%), Vitamin A: 876.55IU (17.53%), Calcium: 163.17mg (16.32%), Potassium: 553.73mg (15.82%), Copper: 0.27mg (13.67%), Selenium: 8.31µg (11.88%), Zinc: 1.65mg (11.01%), Vitamin B5: 0.86mg (8.64%), Vitamin B12: 0.26µg (4.27%), Vitamin D: 0.41µg (2.74%)