



Sopaipillas

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 1 package yeast dry
- 4 cups flour all-purpose divided
- 36 servings honey
- 1 teaspoon salt
- 1 tablespoon shortening melted
- 1 tablespoon sugar divided
- 36 servings vegetable oil

- 1.5 cups warm water (105° to 115°)

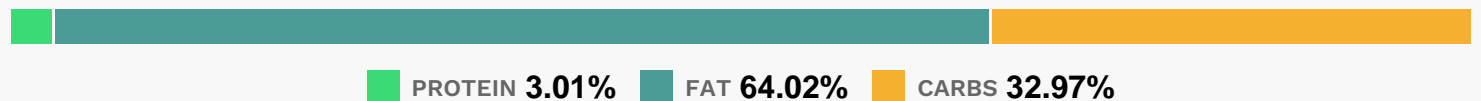
Equipment

- bowl
- paper towels
- hand mixer

Directions

- Dissolve yeast and 1 teaspoon sugar in warm water in a large bowl, stirring well; let stand 5 minutes or until bubbly.
- Add remaining sugar, shortening, baking powder, salt, and 2 cups flour; beat at low speed of electric mixer until smooth. Stir in enough remaining flour to make a soft dough.
- Place dough in a greased bowl, turning to grease top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- Punch dough down; turn out onto a lightly floured surface, and let rest 5 minutes. Knead 4 to 5 times.
- Roll dough to 1/4-inch thickness; cut into 3-inch squares.
- Cut each square in half to form a triangle.
- Gently drop dough triangles into deep hot oil (375); fry only a few at a time, turning once. Cook until sopaipillas are golden brown.
- Drain on paper towels.
- Serve hot with honey.

Nutrition Facts



Properties

Glycemic Index:8.04, Glycemic Load:10.94, Inflammation Score:-1, Nutrition Score:3.6269565214929%

Nutrients (% of daily need)

Calories: 200.71kcal (10.04%), Fat: 14.51g (22.32%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 16.81g (5.6%), Net Carbohydrates: 16.37g (5.95%), Sugar: 6.12g (6.8%), Cholesterol: 0mg (0%), Sodium: 77.54mg (3.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.07%), Vitamin K: 25.98µg (24.74%), Vitamin B1: 0.13mg (8.7%), Vitamin E: 1.18mg (7.84%), Folate: 30.11µg (7.53%), Selenium: 4.78µg (6.83%), Manganese: 0.1mg (5.06%), Vitamin B2: 0.08mg (4.65%), Vitamin B3: 0.91mg (4.53%), Iron: 0.69mg (3.86%), Phosphorus: 18.95mg (1.9%), Fiber: 0.44g (1.77%), Copper: 0.03mg (1.25%)