



Sopaipillas With Chocolate Sauce

 Vegetarian

READY IN



35 min.

SERVINGS



24

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 servings to- flour tortillas cut into wedges or strips
- 24 servings granulated sugar for coating
- 1 pinch kosher salt
- 0.5 cup brown sugar light packed
- 3 tablespoons butter unsalted
- 0.5 cup cocoa powder unsweetened
- 0.5 teaspoon vanilla extract
- 24 servings vegetable oil for frying

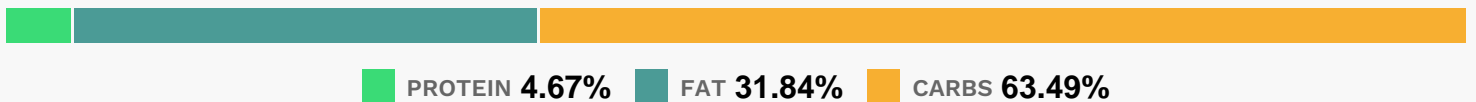
Equipment

- frying pan
- paper towels
- sauce pan
- whisk
- kitchen thermometer

Directions

- Make the sauce: Bring 1/4 cup water, the brown sugar and salt to a boil in a small saucepan, stirring until the sugar dissolves.
- Whisk in the cocoa powder until smooth.
- Remove from the heat and stir in the butter and vanilla. (You can refrigerate the sauce, covered, up to 3 days; reheat before serving.)
- Heat 1/2 inch vegetable oil in a large deep skillet until a deep-fry thermometer registers 350 degrees F. Working in batches, fry the tortillas, turning once, until bubbly and golden on both sides, 1 to 2 minutes per batch. (Return the oil to 350 degrees F between batches.)
- Transfer to a paper towel-lined plate and sprinkle both sides generously with granulated sugar.
- Drizzle with the chocolate sauce.
- Photograph by Yunhee Kim

Nutrition Facts



Properties

Glycemic Index:4.34, Glycemic Load:11.5, Inflammation Score:-2, Nutrition Score:3.3743478152091%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 166.44kcal (8.32%), Fat: 6.1g (9.39%), Saturated Fat: 2.05g (12.84%), Carbohydrates: 27.38g (9.13%), Net Carbohydrates: 26.01g (9.46%), Sugar: 17.21g (19.12%), Cholesterol: 3.76mg (1.25%), Sodium: 150.79mg (6.56%), Alcohol: 0.03g (100%), Alcohol %: 0.07% (100%), Caffeine: 4.12mg (1.37%), Protein: 2.01g (4.02%), Manganese: 0.17mg (8.56%), Selenium: 4.86µg (6.94%), Vitamin B1: 0.1mg (6.81%), Vitamin K: 6.76µg (6.43%), Iron: 1.01mg (5.64%), Phosphorus: 54.96mg (5.5%), Fiber: 1.36g (5.45%), Folate: 19.47µg (4.87%), Vitamin B3: 0.93mg (4.65%), Copper: 0.09mg (4.6%), Vitamin B2: 0.06mg (3.75%), Calcium: 35.85mg (3.58%), Magnesium: 13.8mg (3.45%), Vitamin E: 0.27mg (1.81%), Potassium: 59.11mg (1.69%), Zinc: 0.23mg (1.55%)