

Sopapillas

 Dairy Free

READY IN



90 min.

SERVINGS



18

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 18 servings cinnamon sugar for serving
- ☐ 2 cups flour all-purpose
- ☐ 18 servings vegetable oil; peanut oil preferred for frying
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons vegetable shortening
- ☐ 0.8 cup warm water as needed plus more

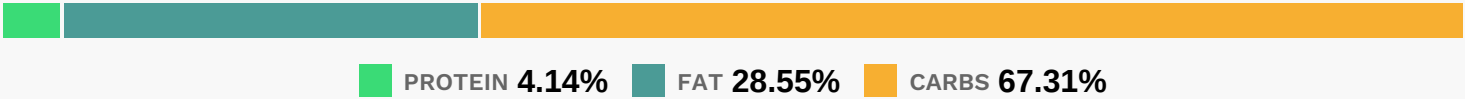
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ mixing bowl
- ☐ pot
- ☐ plastic wrap
- ☐ rolling pin
- ☐ slotted spoon
- ☐ skimmer
- ☐ pizza cutter
- ☐ chopsticks

Directions

- ☐ Sift the dry ingredients together in a large mixing bowl.
- ☐ Add the shortening and water, work them in with your hands to make a soft, pliable dough.
- ☐ Add more water, 1 teaspoon at a time, if the dough feels too dry. Gather the dough into a ball and wrap in plastic wrap.
- ☐ Put the dough in the refrigerator and chill for at least 1 hour so it will firm up a bit and be easier to roll and cut. (Dough can be prepared 1 day ahead, refrigerated.)
- ☐ Unwrap the ball of dough and put on a lightly floured surface, cut in half. With a floured rolling pin, roll each piece of dough into a circle, about 1/4-inch thickness. Using a paring knife or pizza cutter, cut the dough into triangles as you would a pizza. You should end up with 6 or 8 triangles per circle.
- ☐ Heat 2-inches of oil to 375 degrees F in a heavy skillet or deep pot over medium-high heat.
- ☐ Fry a few of the sopapillas at a time, keeping an eye on maintaining the oil temperature. As the sopapillas puff up and rise to the surface, flip them over with a slotted spoon, skimmer, or chopsticks; about 2 minutes on each side. Carefully remove the sopapillas from the oil and drain on several layers of paper towels or a brown paper bag. Cool slightly.
- ☐ Serve hot with honey or cinnamon sugar.

Nutrition Facts



Properties

Glycemic Index:17.07, Glycemic Load:16.62, Inflammation Score:-1, Nutrition Score:2.2917391243188%

Nutrients (% of daily need)

Calories: 136.88kcal (6.84%), Fat: 4.4g (6.77%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 23.34g (7.78%), Net Carbohydrates: 22.96g (8.35%), Sugar: 12.68g (14.09%), Cholesterol: 0mg (0%), Sodium: 177.26mg (7.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.87%), Vitamin B1: 0.11mg (7.29%), Selenium: 4.79µg (6.84%), Folate: 25.42µg (6.35%), Manganese: 0.1mg (4.78%), Vitamin B2: 0.07mg (4.18%), Vitamin B3: 0.82mg (4.1%), Iron: 0.7mg (3.9%), Vitamin E: 0.54mg (3.57%), Calcium: 28.72mg (2.87%), Phosphorus: 24.74mg (2.47%), Fiber: 0.38g (1.5%), Copper: 0.02mg (1.13%)