



# Sopes de Pollo con Frijoles (Chicken Sopes with Beans)

 **Gluten Free**

READY IN



**120 min.**

SERVINGS



**16**

CALORIES



**1232 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 quart chicken stock see
- 1 cup cilantro leaves fresh packed
- 0.5 cup cotija cheese crumbled
- 2 cloves garlic
- 1.5 pounds chicken breast
- 16 servings kosher salt
- 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

- 1 cup crema mexicana
- 1 small onion peeled roughly chopped
- 1 poblano pepper split seeds removed, in half lengthwise
- 14.5 ounce refried beans canned
- 1 serrano chiles split seeds removed, in half lengthwise
- 0.5 pound tomatillos
- 2 quarts vegetable oil
- 1.3 cups water

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- blender
- kitchen thermometer
- aluminum foil
- broiler
- wok
- dutch oven

## Directions

- Place chicken in a medium saucepan and add chicken stock. Bring to a boil over high heat, reduce to a bare simmer, and cook, turning chicken occasionally, until center of chicken registers 150°F on an instant read thermometer, about 20 minutes.
- Remove chicken from broth and allow to cool.
- While chicken cooks, preheat broiler to high.
- Combine masa harina and water in a medium bowl and knead to combine.

- Add additional water 1 tablespoon at a time until mixture comes together in a cohesive, non-crumby dough. Cover with plastic and set aside.
- Place tomatillos, poblano, jalapeño, and garlic, and onion on a foil-lined rimmed baking sheet and place under broil. Broil, turning occasionally, until lightly charred on all sides and vegetables are completely tender, about 10 minutes.
- Once vegetables are broiled and chicken is cooked, transfer broiled vegetables to a blender along with the cilantro and 1 cup of reserved chicken stock (discard or use the rest for another purpose). Blend on high speed until smooth. Season to taste with salt. Set salsa aside to cool.
- When chicken is cool enough to handle, shred into 1-inch pieces and transfer to a medium skillet or saucepan.
- Add 1 cup salsa verde and stir to combine. Season to taste with salt.
- Divide masa into approximately 16 balls. Press each ball in a tortilla-press lined with plastic into a disk approximately 1/4-inch thick and 4-inches wide. Use your fingertips to form a slight lip around the edge.
- Transfer raw sope shells to a baking sheet lined with parchment paper as you work.
- Heat oil in a large wok or Dutch oven to 350°F. Fry sope shells 4 at a time until just set but not crispy, about 2 minutes.
- Transfer fried shells to a paper-towel lined baking sheet.
- To assemble, spread refried beans around the bottom of each shell then top with the chicken/salsa verde mixture.
- Drizzle with crema, additional salsa verde, and a sprinkling of cotija and extra cilantro leaves if desired.
- Serve immediately.

## Nutrition Facts

 **PROTEIN 4.59%**  **FAT 89.45%**  **CARBS 5.96%**

## Properties

Glycemic Index:10.31, Glycemic Load:0.86, Inflammation Score:-5, Nutrition Score:17.356956478046%

## Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

## **Nutrients (% of daily need)**

Calories: 1232.08kcal (61.6%), Fat: 124.14g (190.98%), Saturated Fat: 19.2g (119.99%), Carbohydrates: 18.61g (6.2%), Net Carbohydrates: 16.1g (5.86%), Sugar: 2.99g (3.32%), Cholesterol: 40.98mg (13.66%), Sodium: 592.52mg (25.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.34g (28.68%), Vitamin K: 222.98µg (212.36%), Vitamin E: 9.89mg (65.96%), Vitamin B3: 7.15mg (35.77%), Selenium: 17.76µg (25.38%), Vitamin B6: 0.48mg (24%), Vitamin B1: 0.28mg (18.63%), Phosphorus: 161.05mg (16.11%), Vitamin B2: 0.26mg (15.16%), Vitamin C: 9.15mg (11.09%), Fiber: 2.51g (10.04%), Iron: 1.79mg (9.92%), Folate: 39.23µg (9.81%), Potassium: 325.12mg (9.29%), Calcium: 83.28mg (8.33%), Magnesium: 32.21mg (8.05%), Vitamin B5: 0.72mg (7.21%), Manganese: 0.12mg (5.98%), Vitamin A: 267.3IU (5.35%), Zinc: 0.78mg (5.21%), Copper: 0.1mg (4.77%), Vitamin B12: 0.16µg (2.74%)