

Mexican Chicken Sopes

Yield: 20 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-chicken-sopes-recipe>

Ingredients:

- 2 cups masa harina e.g., Maseca, Quaker or Bob's Red Mill brands
- 1/4 teaspoon salt
- 1 1/4 cups water
- 1 1/2 cups refried beans
- 2 cooked chicken breasts shredded
- 1 cup tomatoes chopped
- 1 onion large, chopped
- 3 ounces cheese añejo, crumbled, may substitute feta
- 1 cup romaine lettuce finely shredded
- hot sauce Red or green
- crema mexicana or sour cream
- oil for frying

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 5 milligrams
4. Fat: 3 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 1 grams
8. Sodium: 150 milligrams
9. Sugar: 1 grams

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