

Sopapillas

Yield: 24 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-sopapillas-recipe-ingredients>

Ingredients:

- 3 cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon sugar
- 1 teaspoon kosher salt
- 3 tablespoons vegetable shortening if you're not keeping kosher or vegetarian, you can also use lard
- 1/2 cup whole milk heated to 110 degrees F
- oil for frying, peanut or corn oil preferred
- 1/2 cup sugar for dusting
- 1/2 teaspoon cinnamon for dusting
- honey
- pastry mixing bowls, whisk, wooden spoon, plastic wrap or damp towel, cutter, rolling pin, parchment, baking sheet, deep pot, small to...

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 17 grams
3. Fat: 2.5 grams
4. Protein: 2 grams
5. SaturatedFat: 0.5 grams
6. Sodium: 210 milligrams
7. Sugar: 5 grams

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