



Ancho and Chipotle Mole



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large ancho chiles
- ☐ 2.5 ounces bittersweet chocolate coarsely chopped
- ☐ 1 cinnamon sticks
- ☐ 1.5 teaspoons cumin seeds
- ☐ 2 chipotle sauce dried
- ☐ 10 garlic cloves thinly sliced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 bell peppers red

- ☐ 60 servings salt
- ☐ 3 tablespoons sunflower seeds
- ☐ 2 tablespoons tomato paste
- ☐ 1.5 cups water boiling

Equipment

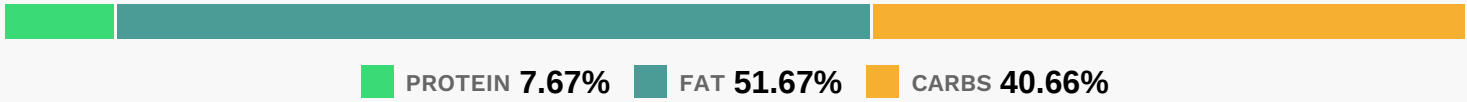
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ broiler

Directions

- ☐ In a bowl, cover the anchos and chipotles with the boiling water.
- ☐ Let soak for 30 minutes, until softened.
- ☐ Drain, reserving the liquid. Discard the stems, cores and seeds; coarsely chop the chiles.
- ☐ Preheat the broiler or light a gas flame. Char the peppers for 10 minutes, turning occasionally, until charred all over.
- ☐ Transfer to a medium bowl, cover with plastic and let steam for 5 minutes. Peel the peppers and discard the skin, stems and seeds, then coarsely chop.
- ☐ In a small dry skillet, toast the cloves, cumin and cinnamon stick over moderately low heat until darkened and fragrant, 1 1/2 minutes.
- ☐ Let cool. Grind to a powder in a spice grinder.
- ☐ Transfer to a plate.
- ☐ Add the sunflower seeds to the skillet and toast, shaking the pan a few times, about 3 minutes.
- ☐ Let cool.
- ☐ Transfer the seeds to the grinder; finely grind.
- ☐ Heat the oil in a medium skillet.
- ☐ Add the garlic and cook over low heat until golden, about 3 minutes.
- ☐ Add the tomato paste and cook, stirring, until glossy, about 2 minutes.

- ☐
- Remove from the heat and stir in the chocolate until melted.
- ☐
- In a blender, combine the chiles and their soaking liquid with the bell peppers, the ground spices, the ground sunflower seeds and the garlic mixture and blend until smooth. Scrape the mole into a large bowl and season with salt.
- ☐
- Transfer the sauce to jars and refrigerate.
- ☐
- Make Ahead: The sauce can be refrigerated for 3 weeks.

Nutrition Facts



Properties

Glycemic Index:2.28, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:1.7817391199262%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 20.98kcal (1.05%), Fat: 1.28g (1.97%), Saturated Fat: 0.36g (2.28%), Carbohydrates: 2.27g (0.76%), Net Carbohydrates: 1.58g (0.58%), Sugar: 1.26g (1.4%), Cholesterol: 0.07mg (0.02%), Sodium: 200.07mg (8.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Vitamin A: 443.05IU (8.86%), Vitamin C: 5.73mg (6.94%), Manganese: 0.06mg (3.09%), Fiber: 0.69g (2.76%), Vitamin E: 0.38mg (2.5%), Vitamin K: 1.91µg (1.82%), Vitamin B6: 0.04mg (1.79%), Copper: 0.03mg (1.61%), Magnesium: 5.84mg (1.46%), Iron: 0.26mg (1.42%), Potassium: 48.71mg (1.39%), Vitamin B2: 0.02mg (1.26%), Phosphorus: 10.75mg (1.08%), Vitamin B3: 0.21mg (1.07%)