



Ancho-Cashew Mole Sauce



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



87 kcal

SAUCE

Ingredients

- ☐ 0.3 pound ancho chili pepper dried
- ☐ 0.3 cup cashew pieces chopped
- ☐ 1 6-inch corn tortillas ()
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.3 teaspoon ground coriander
- ☐ 4 cups chicken broth divided

- ☐ 0.5 cup onion separated sliced
- ☐ 1 tablespoon prune- cut to pieces pitted chopped
- ☐ 1 ounce pumpernickel bread toasted
- ☐ 0.3 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sesame seed
- ☐ 1 teaspoon sugar
- ☐ 1 cup canned tomatoes peeled chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 4 cups water boiling
- ☐ 0.3 teaspoon frangelico crushed
- ☐ 0.3 teaspoon frangelico crushed

Equipment

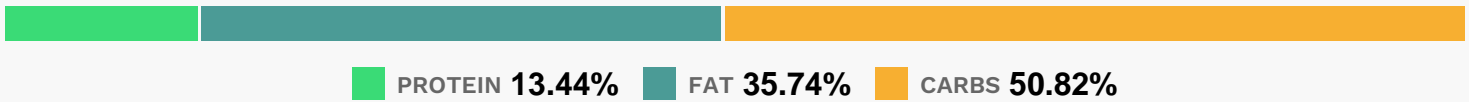
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sieve

Directions

- ☐ Remove stems and seeds from chiles, reserving 2 tablespoons seeds; discard stems. Tear chiles into large pieces, and place in a large skillet over medium heat. Cook for 5 minutes or until thoroughly heated, turning pieces occasionally (be careful not to burn the chiles).
- ☐ Combine chiles and boiling water in a large bowl; cover and let stand 1 hour.
- ☐ Drain.
- ☐ Combine chiles and tomato in a large bowl; set aside.
- ☐ Combine sesame seeds and cashews in skillet over medium heat. Cook for 3 minutes or until the sesame seeds are lightly browned, shaking the skillet frequently.

- ☐ Add reserved chile seeds; cook an additional 2 minutes or until lightly browned.
- ☐ Add sesame seed mixture to tomato mixture in bowl; set aside.
- ☐ Place tortilla in skillet over medium heat. Cook 3 minutes or until thoroughly heated. Tear tortilla and toasted pumpernickel bread into large pieces; add to tomato mixture. Wipe skillet clean with a paper towel.
- ☐ Heat oil in skillet over medium heat.
- ☐ Add onion and garlic; saut 4 minutes or until tender.
- ☐ Add raisins and next 5 ingredients (raisins through cloves); cook 2 minutes or until raisins plump, stirring constantly.
- ☐ Combine raisin mixture, tomato mixture, and 1 cup broth in a food processor; process until smooth. Press mixture through a fine sieve into a bowl; discard solids.
- ☐ Combine mixture and remaining broth in skillet; bring to a boil. Reduce heat; simmer, uncovered, 45 minutes or until thickened, stirring occasionally.
- ☐ Remove from the heat; stir in sugar and salt.
- ☐ Serve warm.
- ☐ Note: Store the remaining Ancho–Cashew Mole Sauce in an airtight container in refrigerator for up to 1 week or freeze for up to 3 months.

Nutrition Facts



Properties

Glycemic Index:24.16, Glycemic Load:2.36, Inflammation Score:-8, Nutrition Score:7.0860869158869%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg 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: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 87.47kcal (4.37%), Fat: 3.82g (5.87%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 12.21g (4.07%), Net Carbohydrates: 9.1g (3.31%), Sugar: 4.31g (4.79%), Cholesterol: 0mg (0%), Sodium: 97.63mg (4.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Vitamin A: 1902.64IU (38.05%), Fiber: 3.1g (12.42%),

Manganese: 0.23mg (11.43%), Copper: 0.23mg (11.31%), Vitamin K: 10.98µg (10.46%), Vitamin B3: 1.79mg (8.94%), Potassium: 276.8mg (7.91%), Vitamin B2: 0.13mg (7.79%), Iron: 1.34mg (7.43%), Phosphorus: 71.03mg (7.1%), Magnesium: 27.09mg (6.77%), Vitamin B6: 0.13mg (6.37%), Vitamin C: 4.2mg (5.09%), Calcium: 41.58mg (4.16%), Zinc: 0.53mg (3.51%), Vitamin B1: 0.05mg (3.51%), Selenium: 2.08µg (2.98%), Vitamin E: 0.44mg (2.92%), Folate: 10.39µg (2.6%), Vitamin B5: 0.13mg (1.25%)