

**52%**
HEALTH SCORE

Black Mole

READY IN

**150 min.**

SERVINGS

**6**

CALORIES

**1232 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 3 peppercorns whole black
- 0.3 cup blanched almonds and
- 8 pound meat from a rotisserie chicken cut into 8 pieces (2 breasts, 2 thighs, 2 wings, 2 legs)
- 4 ounces chile negro deveined seeded
- 0.3 cinnamon sticks
- 3 coriander seeds
- 0.3 teaspoon thyme leaves dried
- 0.3 head garlic

- 2 cloves garlic peeled
- 0.3 teaspoon ground cumin
- 4 ounces guajillo chile deveined seeded
- 6 servings crema mexicana for serving
- 6 servings olive oil for drizzling
- 0.5 large onion halved
- 0.5 teaspoon oregano dried
- 0.8 cup pumpkin seeds
- 0.3 cup raisins
- 1 pound roma tomatoes halved
- 2 tablespoons salt
- 2 teaspoons salt
- 0.8 cup sesame seed plus more for serving
- 0.3 bolillo roll
- 3 tablespoon sugar plus more for serving, optional
- 4 ounces tomatillos husked halved
- 1 tortillas stale
- 0.8 cup peanuts unsalted
- 0.5 medium onion white
- 1 cup lard
- 1 cup lard

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- mixing bowl

- pot
- blender
- aluminum foil

Directions

- For the chicken broth: Rinse the chicken and pat dry.
- Place all 8 pieces of chicken in a large heavy pot with 8 cups boiling water.
- Add the garlic, onion and salt. Bring to a boil again. Reduce to a simmer and cover. Cook for about 1 hour.
- Remove the chicken and set aside. Maintain a medium heat under the broth as you'll use it again for this recipe.
- For the roasted vegetables: Preheat the oven to 400 degrees F.
- Place the tomatoes, onion and garlic onto a parchment-lined baking sheet.
- Drizzle lightly with olive oil and roast until the skins are blistered and the vegetables softened, 30 to 40 minutes.
- Remove from the oven to cool. Once cooled, remove the foil and peel the garlic and the skins off the tomatoes.
- For the mole: In a large heavy saute pan heat 1 cup lard. Quick fry the chiles in the hot lard, being careful not to burn them or they'll become bitter.
- Add the chiles into the pot of chicken broth and simmer for 10 minutes.
- In the meantime, add 2 tablespoons lard to the saute pan and fry the roasted onions and garlic.
- Add the tortilla and bolillo and cook for 5 minutes.
- Add the peanuts, pumpkin seeds, sesame seeds, blanched almonds, raisins, oregano, cumin, thyme, coriander seeds, whole black peppercorns and cinnamon stick.
- Saute for 4 minutes and remove from the heat. Cool slightly.
- Remove the cinnamon stick and discard.
- Working in two batches, transfer half of the cooled nut and seed mixture into a large-capacity blender. Then transfer half of the simmered chiles, without the broth, into the blender.
- Add half of the roasted tomatoes and fresh tomatillos. Allow to cool before blending. Process until smooth. A paste will form. If the mixture is too dry, add 1 cup of reserved chicken broth

at a time. Strain the mixture into a large mixing bowl. Then repeat with the remaining ingredients, processing until smooth and then strain.

- Clean the saute pan and place over medium-high heat.
- Add the remaining 2 tablespoons lard.
- Pour in the strained mole sauce and cook for 2 minutes. Season with the salt, some pepper and the sugar.
- Add 1 1/2 cups of the reserved chicken broth and stir to combine.
- Add the Mexican chocolate and stir to melt. Simmer for 15 minutes, uncovered. Return the chicken to the saucepan with the mole and cook until the chicken is warmed through, an additional 5 minutes.
- Remove from the heat and transfer to a large serving bowl or platter.
- Sprinkle with some sesame seeds and a couple pinches of sugar if desired.
- Drizzle the Mexican crema over the chicken mole and serve hot.

Nutrition Facts

PROTEIN 22.33% **FAT 62.45%** **CARBS 15.22%**

Properties

Glycemic Index:92.82, Glycemic Load:11.34, Inflammation Score:-10, Nutrition Score:52.292173924653%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 1231.56kcal (61.58%), Fat: 87.33g (134.36%), Saturated Fat: 18.45g (115.28%), Carbohydrates: 47.91g (15.97%), Net Carbohydrates: 34.73g (12.63%), Sugar: 20.57g (22.86%), Cholesterol: 225.67mg (75.22%), Sodium: 3446.05mg (149.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.26g (140.51%), Vitamin B3: 26.83mg (134.14%), Vitamin A: 6321.96IU (126.44%), Manganese: 1.84mg (92.14%), Vitamin B6: 1.66mg (82.83%), Phosphorus: 825.86mg (82.59%), Selenium: 53.49µg (76.41%), Copper: 1.32mg (66.07%), Magnesium: 259.29mg (64.82%), Vitamin C: 53.21mg (64.49%), Fiber: 13.18g (52.72%), Iron: 9.41mg (52.29%), Zinc: 7.1mg (47.33%), Vitamin B2: 0.78mg (46.03%), Potassium: 1605.47mg (45.87%), Vitamin K: 46.87µg (44.64%), Vitamin E: 6.5mg (43.31%),

Vitamin B5: 3.35mg (33.51%), Vitamin B1: 0.5mg (33.06%), Calcium: 315.51mg (31.55%), Folate: 96.76µg (24.19%),
Vitamin B12: 0.9µg (15%), Vitamin D: 0.58µg (3.87%)