



## Chicken in Mole Sauce

 **Gluten Free**

READY IN



**80 min.**

SERVINGS



**6**

CALORIES



**812 kcal**

SAUCE

## Ingredients

- 0.3 cup banana diced firm ripe
- 20 blanched almonds and
- 6 tablespoons butter
- 14 ounce chicken broth canned
- 4 pound chickens bone-in
- 2 tablespoons chili powder
- 2 small corn tortillas
- 3 cloves garlic chopped

- 1 teaspoon ground cinnamon
- 1 large onion cut into chunks
- 1 tablespoon pinenuts
- 1 teaspoon salt
- 1 ounce bittersweet chocolate
- 2 tablespoons sesame seed

## Equipment

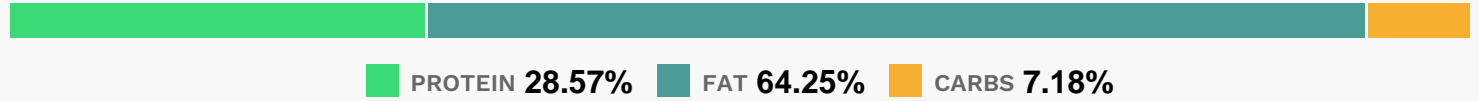
- frying pan
- sauce pan
- sieve
- blender
- kitchen thermometer
- cutting board

## Directions

- Cut the chickens into pieces, reserving the breasts.
- Place chicken pieces except the breasts in a deep saucepan over medium heat; add the onion, garlic, and chicken broth. Cover the pan and simmer 25 minutes.
- Cut the breasts into halves and add to the saucepan; simmer until the chicken breasts are no longer pink at the bone and the juices run clear, about 20 minutes more. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).
- Remove the chicken to a cutting board.
- Remove the skin and bones from the chicken; cut the meat into bite sized pieces.
- Strain the broth through a fine mesh strainer, reserving the liquid and discarding the onion, garlic, and skimmed fat. If you have less than 3 cups of reserved liquid, add water to make 3 cups. If you have more than 3 cups, return to the pan and bring to a boil; cook until volume of liquid reduces to 3 cups.
- Combine the chili powder, almonds, banana, cinnamon, salt, tortilla pieces, sesame seeds, and pine nuts in a blender. Blend on low, slowly adding the reserved liquid in a stream until the mixture is smooth.

- Pour the mixture and remaining liquid into a large saucepan over medium heat.
- Add the butter and chocolate; cook and stir until the butter and chocolate have melted. Stir the chicken pieces into the sauce; continue cooking until the chicken is heated completely through, 5 to 10 minutes.

## Nutrition Facts



### Properties

Glycemic Index:42.05, Glycemic Load:3.14, Inflammation Score:-9, Nutrition Score:29.038695477921%

### Flavonoids

Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

### Nutrients (% of daily need)

Calories: 811.5kcal (40.58%), Fat: 57.55g (88.54%), Saturated Fat: 19.98g (124.9%), Carbohydrates: 14.46g (4.82%), Net Carbohydrates: 11.11g (4.04%), Sugar: 4.08g (4.53%), Cholesterol: 253.3mg (84.43%), Sodium: 999.17mg (43.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.06mg (1.35%), Protein: 57.59g (115.18%), Vitamin B3: 16.66mg (83.28%), Vitamin A: 3127.63IU (62.55%), Selenium: 40.84µg (58.34%), Phosphorus: 569.82mg (56.98%), Vitamin B6: 1.01mg (50.37%), Vitamin B12: 2.88µg (47.99%), Zinc: 5.33mg (35.57%), Vitamin B2: 0.53mg (31.09%), Iron: 5.47mg (30.38%), Manganese: 0.6mg (30.13%), Magnesium: 100.57mg (25.14%), Vitamin B5: 2.39mg (23.91%), Copper: 0.45mg (22.51%), Potassium: 742.95mg (21.23%), Folate: 71.17µg (17.79%), Vitamin E: 2.58mg (17.2%), Fiber: 3.35g (13.42%), Vitamin B1: 0.2mg (13.15%), Calcium: 99.94mg (9.99%), Vitamin C: 8.2mg (9.94%), Vitamin K: 6.82µg (6.49%)