



 **61%**  
HEALTH SCORE

## Chicken Mole

 **Gluten Free**  **Very Healthy**

READY IN



**120 min.**

SERVINGS



**4**

CALORIES



**1010 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 ancho chile peppers dried
- 0.5 teaspoon anise seeds
- 5 peppercorns black
- 0.3 cup blanched almonds and whole
- 6 tablespoons canola oil
- 3 pounds meat from a rotisserie chicken cut into 6 pieces
- 6 guajillo chile peppers dried
- 2.7 ounce disk mexican chocolate

- 1 cinnamon sticks
- 0.3 teaspoon coriander seeds
- 2 6-inch corn tortillas
- 4 servings kosher salt
- 0.3 cup pumpkin seeds hulled
- 0.3 cup raisins
- 0.5 cup sesame seed
- 1 pinch sugar

## Equipment

- bowl
- frying pan
- pot
- blender

## Directions

- Put the chicken and peppercorns in a large pot, cover with water and season with salt. Bring to a gentle simmer over low heat and cook until tender, about 40 minutes.
- Transfer the chicken to a large plate and set the cooking liquid aside.
- Toast the sesame seeds in a dry skillet over medium heat, tossing, until golden, about 5 minutes. Set aside 2 tablespoons for garnish and transfer the rest to a blender. In the same skillet, toast the cloves, cinnamon stick, and anise and coriander seeds until fragrant, about 3 minutes.
- Add to the blender.
- Remove the stems and seeds from the dried chile peppers.
- Heat 4 tablespoons canola oil in the same skillet over medium heat.
- Add the chiles and fry until lightly toasted, about 2 minutes.
- Transfer to a bowl, cover with hot water and set aside to soak until pliable, about 30 minutes.
- Meanwhile, add the raisins, almonds, pumpkin seeds and tortilla pieces to the oil in the skillet and cook, stirring, until the seeds and tortillas are golden brown, about 2 minutes.

- Add to the blender along with the oil from the skillet.
- Add the softened chiles and puree, pouring in 2 to 3 cups of the soaking liquid to make a thick, smooth sauce.
- Heat the remaining 2 tablespoons oil in a large pot over medium-high heat.
- Add the chile sauce and fry, stirring, until thickened, 5 to 6 minutes.
- Add 4 cups of the reserved chicken cooking liquid and simmer until the sauce starts to thicken, about 20 minutes.
- Add the chocolate and simmer, stirring frequently, until the chocolate melts and the sauce reduces, about 20 more minutes.
- Add the sugar and season with salt.
- Add the chicken pieces to the sauce and warm through over low heat.
- Garnish with the reserved sesame seeds.
- Photograph by Con Poulos

## Nutrition Facts



### Properties

Glycemic Index:88.5, Glycemic Load:14.02, Inflammation Score:-10, Nutrition Score:48.984782871993%

### Nutrients (% of daily need)

Calories: 1009.85kcal (50.49%), Fat: 70.34g (108.22%), Saturated Fat: 14.78g (92.38%), Carbohydrates: 62.38g (20.79%), Net Carbohydrates: 45.02g (16.37%), Sugar: 28.66g (31.84%), Cholesterol: 122.47mg (40.82%), Sodium: 361.5mg (15.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.63mg (4.21%), Protein: 43.37g (86.73%), Vitamin A: 10149.19IU (202.98%), Vitamin C: 111.28mg (134.88%), Vitamin B3: 16.75mg (83.73%), Manganese: 1.57mg (78.47%), Vitamin B6: 1.42mg (70.83%), Fiber: 17.36g (69.43%), Copper: 1.31mg (65.51%), Vitamin K: 66.72µg (63.54%), Phosphorus: 607.67mg (60.77%), Magnesium: 224.7mg (56.17%), Vitamin E: 7.83mg (52.18%), Vitamin B2: 0.86mg (50.37%), Iron: 8.74mg (48.55%), Selenium: 33.62µg (48.02%), Potassium: 1517.17mg (43.35%), Zinc: 5.18mg (34.53%), Calcium: 275.86mg (27.59%), Vitamin B1: 0.38mg (25.12%), Vitamin B5: 2.06mg (20.59%), Folate: 69.1µg (17.28%), Vitamin B12: 0.51µg (8.44%), Vitamin D: 0.33µg (2.18%)