

Chicken Mole



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons brown sugar
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 3 pound meat from a rotisserie chicken cut into pieces
- ☐ 1 cup chicken broth
- ☐ 2 cloves garlic minced

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 cup raisins
- ☐ 0.3 cup semi chocolate chips
- ☐ 2 tablespoons sesame seed
- ☐ 1 tablespoon vegetable oil

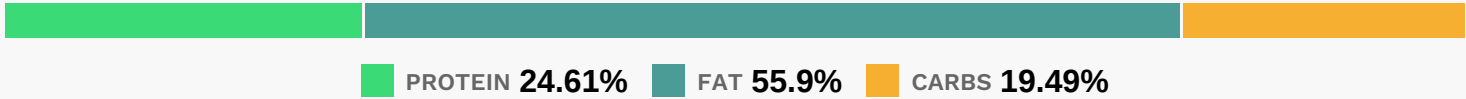
Equipment

- ☐ frying pan
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Heat the vegetable oil in a Dutch oven or large pot over medium-high heat. Cook the chicken pieces in the hot oil until golden brown on all sides, about 10 minutes.
- ☐ Remove from the pan and set aside. Reduce heat to medium, and stir in the bay leaf, black pepper, cayenne pepper, paprika, cloves, and cinnamon until fragrant, about 30 seconds.
- ☐ Add the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- ☐ Stir in the tomatoes, brown sugar, and chicken broth, and bring to a simmer over medium-high heat. Once simmering, stir in the chocolate chips until melted, then return the chicken pieces to the pot. Reduce heat to medium-low, cover, and simmer until the chicken is tender and no longer pink at the bone, 15 to 20 minutes. Stir in the raisins, and cook 3 minutes longer.
- ☐ Sprinkle with sesame seeds to serve.

Nutrition Facts



Properties

Glycemic Index:68.2, Glycemic Load:6.83, Inflammation Score:-7, Nutrition Score:22.280434722486%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 555.86kcal (27.79%), Fat: 34.87g (53.64%), Saturated Fat: 10.41g (65.07%), Carbohydrates: 27.36g (9.12%), Net Carbohydrates: 22.56g (8.2%), Sugar: 12.08g (13.42%), Cholesterol: 124.32mg (41.44%), Sodium: 474.87mg (20.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.68mg (3.22%), Protein: 34.54g (69.09%), Vitamin B3: 12.95mg (64.75%), Vitamin B6: 0.84mg (41.98%), Manganese: 0.8mg (39.84%), Selenium: 27.17µg (38.81%), Phosphorus: 348.45mg (34.84%), Copper: 0.63mg (31.4%), Iron: 4.6mg (25.58%), Potassium: 838.78mg (23.97%), Magnesium: 95.24mg (23.81%), Zinc: 3.17mg (21.15%), Vitamin B2: 0.33mg (19.39%), Fiber: 4.8g (19.2%), Vitamin B5: 1.87mg (18.72%), Vitamin C: 15.13mg (18.34%), Vitamin B1: 0.25mg (16.67%), Vitamin K: 15.98µg (15.22%), Vitamin E: 2.28mg (15.2%), Vitamin A: 609.91IU (12.2%), Calcium: 119.98mg (12%), Vitamin B12: 0.54µg (8.97%), Folate: 32.93µg (8.23%), Vitamin D: 0.33µg (2.18%)