



Chicken Mole

READY IN



45 min.

SERVINGS



12

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 servings flour tortilla
- 4 teaspoons cumin seeds
- 1.3 pounds onion sliced
- 0.5 cup almonds sliced
- 1.5 teaspoons oregano dried
- 0.3 cup raisins
- 4 teaspoons coriander seeds
- 3 cups chicken broth
- 12 orange zest

- 1 ounce pepper flakes dried stemmed rinsed seeded
- 3 tablespoons vegetable oil; peanut oil preferred divided () (preferably unrefined)
- 12 servings cilantro leaves fresh chopped
- 6 large garlic clove sliced
- 3.1 ounce chocolate chopped
- 2 cups orange juice
- 5 pounds chicken thighs boneless skinless
- 4 ounces pepper flakes dried stemmed rinsed seeded

Equipment

- bowl
- sauce pan
- pot
- blender
- tongs

Directions

- Heat 1 tablespoon oil in heavy large pot
- over medium-high heat.
- Sprinkle chicken on
- both sides with salt and pepper. Working
- in batches, add chicken to pot; sauté
- until lightly browned, adding more oil by
- tablespoonfuls as needed, about 3 minutes
- per side.
- Transfer chicken to large bowl.
- Return chicken and any juices to pot.
- Add broth and orange juice; bring just to
- boil. Reduce heat to medium-low; cover

- and simmer until chicken is tender and just
- cooked through, about 25 minutes.
- Meanwhile, heat 2 tablespoons oil in
- heavy large saucepan over medium-high
- heat.
- Add onions and sauté until golden
- brown, about 18 minutes. Reduce heat to
- medium.
- Add almonds, garlic, cumin, and
- coriander. Sauté until nuts and garlic begin
- to color, about 2 minutes.
- Add chiles and stir
- until beginning to soften, about 2 minutes.
- Using tongs, transfer chicken to large
- bowl.
- Pour chicken cooking liquid into
- saucepan with onion mixture (reserve pot).
- Add raisins, orange peel, and oregano to
- saucepan. Cover and simmer until chiles
- are very soft, stirring occasionally, about 30
- minutes.
- Remove from heat; add chocolate.
- Let stand until chocolate melts and sauce
- mixture cools slightly, about 15 minutes.
- Working in small batches, transfer
- sauce mixture to blender and puree until
- smooth; return to reserved pot. Season
- sauce to taste with salt and pepper.

- Coarsely shred chicken and return to
- sauce; stir to coat. DO AHEAD: Can be
- made 3 days ahead. Chill until cold,
- then cover and keep chilled. Rewarm
- over low heat before serving.
- Transfer chicken mole to bowl.
- Sprinkle
- with cilantro.
- Serve with warm tortillas.
- * Available at many supermarkets and at
- specialty foods stores and Latin markets.
- ** Dark, sweet, grainy-textured chocolate
- disks flavored with cinnamon; available at
- Latin markets and from mexgrocer.com.

Nutrition Facts



■ PROTEIN **34.86%**
■ FAT **34.76%**
■ CARBS **30.38%**

Properties

Glycemic Index:32.2, Glycemic Load:11.41, Inflammation Score:-8, Nutrition Score:27.723912674448%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg,
 Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg,
 Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg
 Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 4.94mg,
 Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin:
 0.9mg, Naringenin: 0.9mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin:
 2.47mg, Isorhamnetin: 2.47mg, Isorhamnetin: 2.47mg, Isorhamnetin: 2.47mg Kaempferol: 0.33mg, Kaempferol:
 0.33mg, Kaempferol: 0.33mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg,
 Myricetin: 0.06mg Quercetin: 9.79mg, Quercetin: 9.79mg, Quercetin: 9.79mg, Quercetin: 9.79mg

Nutrients (% of daily need)

Calories: 486.63kcal (24.33%), Fat: 18.94g (29.14%), Saturated Fat: 5.2g (32.51%), Carbohydrates: 37.24g (12.41%), Net Carbohydrates: 32.27g (11.74%), Sugar: 11.27g (12.52%), Cholesterol: 179.55mg (59.85%), Sodium: 414.21mg (18.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.83mg (1.61%), Protein: 42.75g (85.49%), Selenium: 50.67µg (72.39%), Vitamin C: 58.31mg (70.68%), Vitamin B3: 13.45mg (67.27%), Vitamin B6: 1.06mg (52.85%), Phosphorus: 501.49mg (50.15%), Vitamin B2: 0.56mg (32.76%), Vitamin B1: 0.42mg (28.32%), Vitamin B5: 2.57mg (25.73%), Potassium: 870.72mg (24.88%), Zinc: 3.58mg (23.84%), Manganese: 0.47mg (23.6%), Iron: 4.22mg (23.44%), Magnesium: 90.54mg (22.63%), Vitamin B12: 1.27µg (21.14%), Fiber: 4.96g (19.85%), Copper: 0.34mg (16.96%), Folate: 66.22µg (16.55%), Vitamin E: 2.1mg (13.99%), Calcium: 130.18mg (13.02%), Vitamin K: 11.94µg (11.37%), Vitamin A: 311.46IU (6.23%)