

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

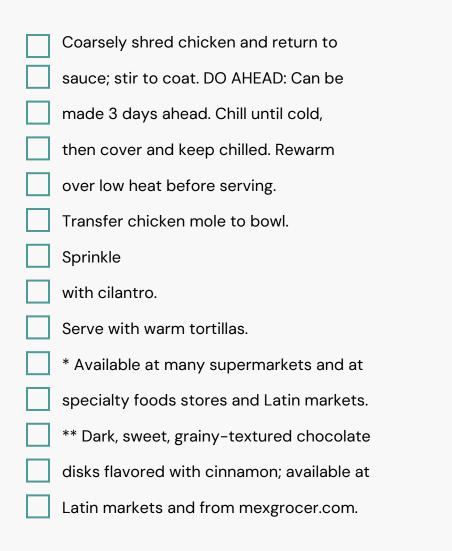
Equipment

- bowl sauce pan
- 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. Sautéuntil 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.



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 Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.02mg, Epicatechin: 0.02mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Samg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.03mg, Quercetin: 9.79mg, Querce

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 %: O% (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%)