



# Chicken Mole

 **Gluten Free**  **Dairy Free**

READY IN



**55 min.**

SERVINGS



**4**

CALORIES



**563 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 bay leaves
- 0.3 teaspoon pepper black
- 2 teaspoons brown sugar
- 2 teaspoons brown sugar
- 14.5 ounce canned tomatoes diced canned
- 0.1 teaspoon ground pepper
- 3 pound 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

 **PROTEIN 24.27%**  **FAT 55.13%**  **CARBS 20.6%**

## Properties

Glycemic Index:68.2, Glycemic Load:6.83, Inflammation Score:-7, Nutrition Score:22.30652186145%

## 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: 563.46kcal (28.17%), Fat: 34.87g (53.64%), Saturated Fat: 10.41g (65.07%), Carbohydrates: 29.32g (9.77%), Net Carbohydrates: 24.52g (8.92%), Sugar: 14.02g (15.58%), Cholesterol: 124.32mg (41.44%), Sodium: 475.43mg (20.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.68mg (3.22%), Protein: 34.55g (69.09%), Vitamin B3: 12.95mg (64.76%), Vitamin B6: 0.84mg (42.02%), Manganese: 0.8mg (39.9%), Selenium: 27.19µg (38.85%), Phosphorus: 348.53mg (34.85%), Copper: 0.63mg (31.45%), Iron: 4.62mg (25.65%), Potassium: 841.44mg (24.04%), Magnesium: 95.42mg (23.86%), Zinc: 3.17mg (21.15%), Vitamin B2: 0.33mg (19.39%), Fiber: 4.8g (19.2%), Vitamin B5: 1.88mg (18.75%), 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: 121.64mg (12.16%), Vitamin B12: 0.54µg (8.97%), Folate: 32.95µg (8.24%), Vitamin D: 0.33µg (2.18%)