



## Chicken Mole



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 tablespoons chili powder
- ☐ 1 clove garlic minced
- ☐ 2 bell pepper green seeded chopped
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1.5 teaspoons ground cumin
- ☐ 4 servings pepper black to taste
- ☐ 0.3 cup olive oil divided as needed
- ☐ 2 pounds chicken breast boneless skinless cut into bite-size pieces

- ☐ 43.5 ounce stewed tomatoes    canned (I puree mine before adding it; my kids like it better that way.)
- ☐ 2 ounces baker's chocolate    unsweetened

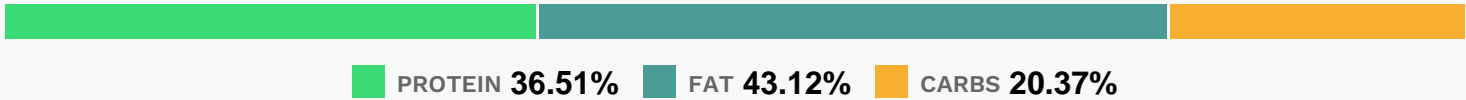
## Equipment

- ☐ bowl
- ☐ pot
- ☐ spatula

## Directions

- ☐ Sprinkle chicken with black pepper.
- ☐ Heat 2 tablespoons oil over high heat in a deep 4-quart pot.
- ☐ Add chicken and cook until just cooked through, stirring a few times. Set chicken aside in a covered bowl to stay warm.
- ☐ Reduce heat to medium-high and add remaining oil to pot.
- ☐ Add chili powder, cumin, cinnamon, and cayenne, if using.
- ☐ Mix well, adding a little more oil if needed until spice mix is wet with oil.
- ☐ Heat spices until they're blackened and smoking, 4 to 6 minutes.
- ☐ Reduce heat to low and add chocolate. Stir into spice mixture with a heatproof rubber spatula.
- ☐ When chocolate is fully melted, add tomatoes and garlic. Bring to a boil and simmer over medium heat for 10 minutes, stirring occasionally.
- ☐ Stir cooked chicken and green peppers into sauce and simmer 5 more minutes.
- ☐ Serve over hot rice.

## Nutrition Facts



## Properties

Glycemic Index:20.5, Glycemic Load:0.28, Inflammation Score:-10, Nutrition Score:44.234782561012%

## Flavonoids

Catechin: 9.12mg, Catechin: 9.12mg, Catechin: 9.12mg, Catechin: 9.12mg Epicatechin: 20.1mg, Epicatechin: 20.1mg, Epicatechin: 20.1mg, Epicatechin: 20.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 563.91kcal (28.2%), Fat: 28.52g (43.87%), Saturated Fat: 8.01g (50.08%), Carbohydrates: 30.3g (10.1%), Net Carbohydrates: 21.25g (7.73%), Sugar: 12.88g (14.31%), Cholesterol: 145.15mg (48.38%), Sodium: 1049.77mg (45.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.34mg (3.78%), Protein: 54.32g (108.65%), Vitamin B3: 27.08mg (135.4%), Selenium: 76.97µg (109.96%), Vitamin B6: 2.03mg (101.4%), Vitamin C: 75.28mg (91.25%), Phosphorus: 630.06mg (63.01%), Manganese: 1.16mg (58.12%), Potassium: 1837.22mg (52.49%), Vitamin A: 2609.82IU (52.2%), Iron: 9.3mg (51.69%), Vitamin E: 7.54mg (50.29%), Copper: 0.98mg (48.83%), Magnesium: 160.76mg (40.19%), Vitamin B5: 3.73mg (37.28%), Fiber: 9.05g (36.21%), Vitamin K: 28.55µg (27.19%), Vitamin B2: 0.43mg (25.04%), Vitamin B1: 0.36mg (24.21%), Zinc: 3.6mg (24%), Calcium: 172.66mg (17.27%), Folate: 36.25µg (9.06%), Vitamin B12: 0.45µg (7.56%), Vitamin D: 0.23µg (1.51%)