



Chicken Mole



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



183 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup beef broth
- ☐ 0.3 cup butter melted
- ☐ 8.3 ounce canned tomatoes undrained chopped canned
- ☐ 0.5 teaspoon chili powder
- ☐ 1 Dash ground cloves
- ☐ 1 tablespoon cornstarch
- ☐ 1 clove garlic minced
- ☐ 0.3 cup bell pepper green minced

- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 5 drops hot sauce
- ☐ 0.3 cup onion minced
- ☐ 4 servings salt and pepper
- ☐ 2 teaspoons sugar
- ☐ 1 ounce chocolate unsweetened
- ☐ 2 tablespoon water cold
- ☐ 2.5 pound broiler–fryer
- ☐ 2.5 pound broiler–fryer

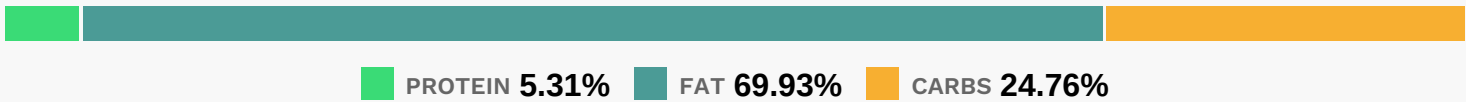
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle chicken with salt and pepper; saut on all sides in melted butter until brown.
- ☐ Remove chicken from skillet, and set aside.
- ☐ Add onion, green pepper, and garlic to skillet; saut until tender. Stir in next 9 ingredients; add chicken. Reduce heat, and cook, covered, 45 minutes or until chicken is tender.
- ☐ Remove chicken to serving platter, and keep warm.
- ☐ Combine cornstarch and water; mix well.
- ☐ Add to sauce in skillet; cook, stirring constantly, until thickened and bubbly. Spoon sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:62.52, Glycemic Load:2.91, Inflammation Score:-6, Nutrition Score:7.9513044279555%

Flavonoids

Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 182.64kcal (9.13%), Fat: 15.49g (23.83%), Saturated Fat: 4.76g (29.76%), Carbohydrates: 12.34g (4.11%), Net Carbohydrates: 9.47g (3.44%), Sugar: 5.35g (5.94%), Cholesterol: 0mg (0%), Sodium: 557.29mg (24.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.67mg (1.89%), Protein: 2.65g (5.29%), Manganese: 0.61mg (30.58%), Vitamin C: 14.81mg (17.95%), Copper: 0.36mg (17.78%), Vitamin A: 744.72IU (14.89%), Iron: 2.21mg (12.27%), Fiber: 2.87g (11.48%), Magnesium: 39.39mg (9.85%), Vitamin E: 1.36mg (9.04%), Potassium: 296.06mg (8.46%), Vitamin B6: 0.14mg (7.22%), Phosphorus: 61.71mg (6.17%), Zinc: 0.9mg (6.01%), Vitamin B3: 1.15mg (5.74%), Vitamin K: 5.2µg (4.95%), Vitamin B1: 0.07mg (4.63%), Calcium: 41.33mg (4.13%), Vitamin B2: 0.06mg (3.5%), Folate: 13.44µg (3.36%), Vitamin B5: 0.22mg (2.23%), Selenium: 1.43µg (2.05%)