



 **62%**
HEALTH SCORE

Chicken Mole Torta

 Dairy Free  Very Healthy

READY IN



115 min.

SERVINGS



4

CALORIES



1342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup almond butter
- 2 ancho chiles dried
- 3.5 pounds skin-on chicken breasts bone-in
- 14.5 ounce canned tomatoes diced drained canned
- 3 cups chicken stock see
- 1 chipotle pepper in adobo sauce minced
- 0.8 cup cilantro leaves fresh
- 4 servings cilantro leaves fresh

- 2 cloves garlic smashed
- 0.3 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 2 cups iceberg lettuce shredded finely
- 1 jalapeno stemmed halved
- 1 juice of lime
- 4 servings kosher salt and pepper black freshly ground
- 4 servings lime wedges for garnish
- 3 tablespoons vegetable oil; peanut oil preferred
- 4 servings jalapeño peppers
- 0.3 cup raisins
- 16 ounce refried beans (with chorizo if available) canned
- 2.5 tablespoons bittersweet chocolate chopped
- 2 tablespoons sesame seed toasted
- 4 bolillo rolls fresh warmed
- 1 pound tomatillos fresh rinsed well
- 1 tablespoon vegetable oil
- 2 cloves garlic whole peeled
- 0.5 onion yellow cut into thirds
- 1 medium onion yellow minced

Equipment

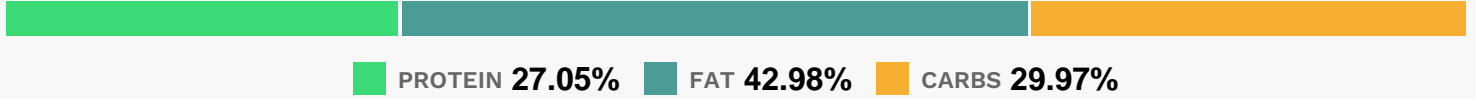
- bowl
- baking sheet
- oven
- blender
- kitchen thermometer
- microwave
- dutch oven

Directions

- For the chicken mole: Preheat the oven to 350 degrees F.
- Remove the stems and seeds from the ancho chiles and bake for 5 minutes. When cool, roughly chop and set aside.
- Heat the oil in a Dutch oven over medium heat.
- Add the onions, a couple pinches of salt and saute until soft, stirring occasionally, about 5 minutes.
- Add the reserved ancho chiles and minced chipotle. Cook until fragrant, about 3 minutes.
- Add the chocolate, cinnamon, cloves and garlic and cook until the garlic is fragrant and the chocolate is melted, about 2 minutes.
- Add the chicken stock, tomatoes, almond butter, raisins and sesame seeds. Gently simmer for about 20 minutes, stirring frequently.
- Place the mole into a blender and puree until smooth, about 1 minute. Adjust the seasoning if necessary.
- Add the mole back to the Dutch oven.
- Sprinkle the chicken on all sides with salt and pepper.
- Lay the chicken in the sauce in one layer, making sure each breast is entirely coated, and gently simmer, flipping once during cooking, until the breasts register 160 degrees F on an instant-read thermometer, 20 to 25 minutes. Set aside off the heat and let rest.
- Using your hands, remove the skin and meat from the bones and discard. Shred the chicken into smaller chunks and place back into the mole to keep warm. Season if necessary.
- Heat the refried beans in the microwave until warm.
- Spread on the bottom of the bolillo rolls.
- Place the chicken on top of the beans with a little extra mole.
- Place some queso fresco on top of the chicken, slather the top bun with sour cream and adhere the lettuce. Top with the pickled jalapenos and cilantro and drizzle with the Tomatillo Salsa. Close, cut sharply on the bias and serve with fresh lime wedges. Two hands, bite hard.
- Preheat the oven to 375 degrees F.
- Toss the tomatillos, garlic, pepper and onions with the olive oil and place evenly on a baking sheet.

- Bake until the tomatillos and onions are soft, 15 to 20 minutes. If necessary, remove the garlic sooner to avoid scorching.
- Remove the stem, ribs and seeds from the jalapeno (or keep them in if you want it hot).
- Add roasted vegetables, fresh cilantro and lime juice into a blender and puree until smooth. Adjust the seasoning if necessary and transfer to a bowl.

Nutrition Facts



Properties

Glycemic Index:138.7, Glycemic Load:33.4, Inflammation Score:-10, Nutrition Score:56.583913015283%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.8mg, Quercetin: 10.8mg, Quercetin: 10.8mg, Quercetin: 10.8mg

Nutrients (% of daily need)

Calories: 1342.27kcal (67.11%), Fat: 64.56g (99.32%), Saturated Fat: 14.7g (91.89%), Carbohydrates: 101.27g (33.76%), Net Carbohydrates: 80.91g (29.42%), Sugar: 33.4g (37.11%), Cholesterol: 209.17mg (69.72%), Sodium: 1584.13mg (68.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.06mg (2.69%), Protein: 91.41g (182.82%), Vitamin B3: 40.24mg (201.2%), Vitamin B6: 2.35mg (117.35%), Vitamin A: 5805.07IU (116.1%), Iron: 19.95mg (110.84%), Selenium: 61.8µg (88.28%), Phosphorus: 869.58mg (86.96%), Fiber: 20.36g (81.43%), Manganese: 1.38mg (69.09%), Potassium: 2245.39mg (64.15%), Vitamin E: 9.26mg (61.76%), Vitamin K: 62.82µg (59.83%), Magnesium: 232.01mg (58%), Vitamin B2: 0.94mg (55.15%), Copper: 1.04mg (52.05%), Vitamin C: 41.7mg (50.54%), Vitamin B5: 3.41mg (34.08%), Vitamin B1: 0.5mg (33.43%), Zinc: 4.78mg (31.88%), Calcium: 264.06mg (26.41%), Folate: 86.6µg (21.65%), Vitamin B12: 1.1µg (18.27%), Vitamin D: 1.27µg (8.47%)