



Chicken Mole with Four Chiles

READY IN



180 min.

SERVINGS



8

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup almonds
- ☐ 4 ancho chiles dried
- ☐ 14 ounce canned tomatoes whole peeled canned
- ☐ 4 mulato chiles dried
- ☐ 4 pasilla chilies dried
- ☐ 1 tablet of mexican chocolate such as abuelita or ibarra
- ☐ 2 5-inch corn tortillas ()
- ☐ 17-inch flour tortilla ()
- ☐ 4 cloves garlic chopped

- ☐ 4 guajillo chiles dried
- ☐ 1 large onion peeled chopped
- ☐ 0.5 cup peanuts
- ☐ 1 plantains peeled chopped
- ☐ 0.1 cup sesame seed
- ☐ 1 meat from a rotisserie chicken whole
- ☐ 2 teaspoons lard as needed
- ☐ 2 teaspoons lard as needed

Equipment

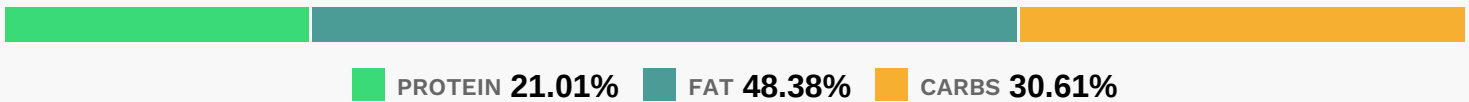
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Remove the stems, veins and seeds from the chiles (you might want to wear gloves when you do this).
- ☐ Heat the lard in a heavy skillet over medium heat.
- ☐ Add the chiles, and cook and stir until the chiles are fragrant, about 1 minute, being careful not to burn them.
- ☐ Remove the chiles and place them in a large bowl.
- ☐ Stir in the onion and garlic, and cook until the onion is soft and translucent, about 5 minutes.
- ☐ Remove and add to the bowl with the chiles.
- ☐ Break the flour and corn tortillas into pieces, and add them to the skillet. Toast on both sides, turning often, until golden brown, about 3 minutes.
- ☐ Remove; add to the bowl.
- ☐ If needed, melt a small amount of additional lard in the skillet.
- ☐ Add the plantain pieces to the skillet, and cook and stir until lightly browned, about 5 minutes.

- ☐ Remove plantain; add to the bowl.
- ☐ Stir the almonds and peanuts into the skillet, and cook and stir until fragrant, about 1 minute.
- ☐ Sprinkle in the sesame seeds and continue cooking until sesame seeds are lightly browned, 15–30 seconds.
- ☐ Remove; add to the bowl.
- ☐ Warm the tomatoes over medium heat in the skillet until heated through, about 5 minutes.
- ☐ Remove from heat. Break the chocolate into chunks and stir into the tomatoes until melted.
- ☐ Pour the chocolate and tomato mixture into the bowl with the chile mixture; stir to combine.
- ☐ Working in small batches, puree the mixture in a blender until smooth, adding a small amount of water if needed to make a smooth sauce.
- ☐ Place the chicken into a large Dutch oven; pour the sauce over the chicken. Cover and simmer over medium low heat until the chicken falls off the bone, 2–3 hours.

Nutrition Facts



Properties

Glycemic Index:41.67, Glycemic Load:4.78, Inflammation Score:-10, Nutrition Score:32.51260875619%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 492.08kcal (24.6%), Fat: 27.75g (42.69%), Saturated Fat: 6.39g (39.92%), Carbohydrates: 39.5g (13.17%), Net Carbohydrates: 29.16g (10.6%), Sugar: 18.64g (20.71%), Cholesterol: 71.42mg (23.81%), Sodium: 208.16mg (9.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.11g (54.22%), Vitamin A: 5972.42IU (119.45%), Vitamin C: 82.82mg (100.39%), Vitamin B3: 11.46mg (57.31%), Vitamin B6: 0.94mg (47.18%), Manganese: 0.94mg

(47.09%), Fiber: 10.34g (41.36%), Vitamin K: 37.17µg (35.4%), Vitamin B2: 0.58mg (34.31%), Phosphorus: 337.33mg (33.73%), Potassium: 1089.85mg (31.14%), Magnesium: 119.8mg (29.95%), Selenium: 18.76µg (26.81%), Vitamin E: 3.86mg (25.72%), Copper: 0.51mg (25.63%), Iron: 4.54mg (25.21%), Vitamin B1: 0.28mg (18.99%), Folate: 72.2µg (18.05%), Zinc: 2.51mg (16.75%), Vitamin B5: 1.52mg (15.2%), Calcium: 117.66mg (11.77%), Vitamin B12: 0.3µg (4.92%), Vitamin D: 0.19µg (1.27%)