



Chicken Mole with Green Beans

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

READY IN



45 min.

SERVINGS



4

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 teaspoons bottled garlic minced
- 2 pounds chicken thighs
- 1 tablespoon chili powder
- 2 teaspoons thyme leaves dried
- 0.8 cup less-sodium chicken broth fat-free
- 1 pound green beans trimmed
- 2 teaspoons ground cinnamon
- 2 teaspoons olive oil

- 1 cup onion finely chopped
- 0.3 teaspoon salt
- 0.5 teaspoon sugar
- 2 teaspoons cocoa unsweetened

Equipment

- frying pan
- plastic wrap
- baking pan
- microwave

Directions

- Heat a large nonstick skillet over medium-high heat.
- Add chicken; cook 3 minutes on each side.
- Place chicken and beans in an 11 x 7-inch baking dish coated with cooking spray, and cover with plastic wrap. Microwave at high 12 minutes or until chicken is done, turning after 6 minutes.
- While chicken mixture cooks, heat oil in skillet over medium-high heat.
- Add onion and the next 7 ingredients (onion through salt); cook for 3 minutes or until onion is soft, stirring frequently.
- Add broth, and cook until thick (about 2 minutes). Spoon sauce over chicken mixture.

Nutrition Facts



PROTEIN 27.28% **FAT 61.73%** **CARBS 10.99%**

Properties

Glycemic Index:44.52, Glycemic Load:3.71, Inflammation Score:-9, Nutrition Score:27.599565246831%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg,

Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2mg,
Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol:
0.78mg, Kaempferol: 0.78mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin:
11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg

Nutrients (% of daily need)

Calories: 584.43kcal (29.22%), Fat: 40.45g (62.24%), Saturated Fat: 10.61g (66.34%), Carbohydrates: 16.21g (5.4%),
Net Carbohydrates: 10.8g (3.93%), Sugar: 6.17g (6.86%), Cholesterol: 222.26mg (74.09%), Sodium: 536.32mg
(23.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.23g (80.46%), Selenium: 45.21µg (64.58%),
Vitamin K: 65.95µg (62.81%), Vitamin B3: 11.95mg (59.76%), Vitamin B6: 1.08mg (53.87%), Phosphorus: 433.81mg
(43.38%), Manganese: 0.66mg (32.87%), Vitamin A: 1575.38IU (31.51%), Vitamin B2: 0.46mg (27.23%), Vitamin B5:
2.7mg (27.01%), Vitamin B12: 1.54µg (25.61%), Potassium: 842.94mg (24.08%), Zinc: 3.39mg (22.6%), Iron: 4.01mg
(22.3%), Vitamin C: 18.07mg (21.9%), Fiber: 5.4g (21.62%), Magnesium: 83.83mg (20.96%), Vitamin B1: 0.3mg
(19.77%), Vitamin E: 2.06mg (13.76%), Copper: 0.27mg (13.69%), Folate: 54.49µg (13.62%), Calcium: 103.48mg
(10.35%), Vitamin D: 0.23µg (1.51%)