



 **16%**  
HEALTH SCORE

## Chicken with Mole Sauce

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

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**223 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.8 ounce baker's chocolate sweet
- 1 Dash barbecue seasoning smoked (such as Hickory Liquid Smoke)
- 3 tablespoons blanched almonds and toasted
- 8.5 ounce canned tomatoes whole undrained canned
- 0.8 teaspoon chili powder
- 16-inch corn tortillas ()
- 16-inch corn tortillas ()
- 2 garlic clove minced

- 0.1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 0.3 teaspoon ground cumin
- 1 tablespoon jalapeno minced
- 0.3 cup onion chopped
- 0.5 teaspoon salt divided
- 1 tablespoon sesame seed toasted
- 0.3 cup water
- 24 ounce chicken breast halves

## Equipment

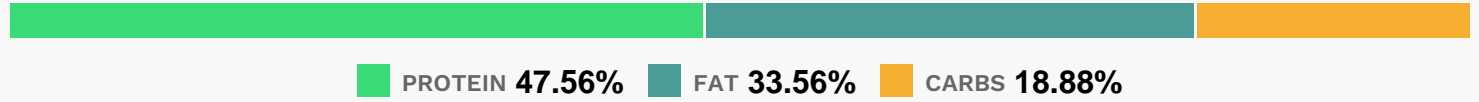
- food processor
- bowl
- frying pan
- knife

## Directions

- Sprinkle chicken with 1/4 teaspoon salt. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add chicken; cook 4 minutes on each side or until done.
- Remove chicken from pan. Set aside; keep warm.
- Add onion, jalapeo pepper, and garlic to skillet; cook 3 minutes or until tender.
- Add seasonings (cinnamon through cloves). Cook 1 minute; set aside.
- Position knife blade in food processor bowl; add almonds and tortilla pieces. Process until finely ground.
- Add onion mixture, remaining 1/4 teaspoon salt, tomatoes, and liquid smoke; process until smooth.
- Return mixture to skillet.

- Add chocolate; cook over low heat until chocolate melts.
- Add water; cook until thoroughly heated, stirring frequently.
- Spoon sauce over chicken; sprinkle with sesame seeds.
- Garnish with cilantro sprigs, if desired.

## Nutrition Facts



### Properties

Glycemic Index:48, Glycemic Load:2.82, Inflammation Score:-5, Nutrition Score:17.650000053903%

### Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

### Nutrients (% of daily need)

Calories: 223.37kcal (11.17%), Fat: 8.54g (13.14%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 7.74g (2.81%), Sugar: 2.54g (2.82%), Cholesterol: 72.57mg (24.19%), Sodium: 389.66mg (16.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.23g (54.47%), Vitamin B3: 12.82mg (64.11%), Selenium: 38.23µg (54.61%), Vitamin B6: 0.99mg (49.26%), Phosphorus: 330.68mg (33.07%), Manganese: 0.52mg (26.11%), Magnesium: 76.23mg (19.06%), Potassium: 651.75mg (18.62%), Vitamin B5: 1.78mg (17.85%), Copper: 0.35mg (17.62%), Vitamin E: 2.15mg (14.33%), Iron: 2.25mg (12.53%), Fiber: 3.07g (12.27%), Vitamin B2: 0.19mg (11.19%), Vitamin C: 8.88mg (10.77%), Zinc: 1.53mg (10.19%), Vitamin B1: 0.14mg (9.6%), Calcium: 65.92mg (6.59%), Vitamin K: 4.98µg (4.74%), Vitamin A: 229.03IU (4.58%), Folate: 17.25µg (4.31%), Vitamin B12: 0.23µg (3.78%)