



Chili in Mole Sauce

 Gluten Free

READY IN



120 min.

SERVINGS



10

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chili powder
- ☐ 1 cinnamon
- ☐ 1 cocoa
- ☐ 2.5 pound ground beef
- ☐ 1 ground cumin
- ☐ 1 tablespoon oregano dried
- ☐ 10 servings pepito seeds
- ☐ 10 servings cup heavy whipping cream sour

☐ 4 cup water

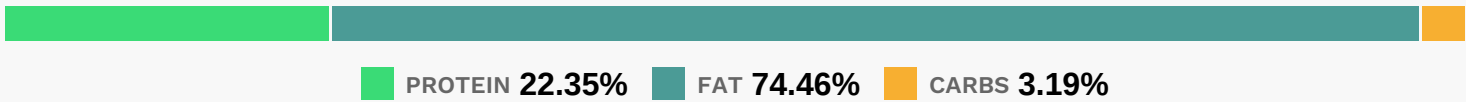
Equipment

☐ dutch oven

Directions

- ☐ Heat the olive oil in a large cast iron Dutch oven over medium heat.
- ☐ Add the onions, peppers, and garlic. SautÃ© until the onions are translucent and the peppers begin to soften. Season with salt and pepper and set aside.
- ☐ Remove half of the sautÃ©ed onion-pepper mixture and set aside.
- ☐ Add the meat, the chili powder, cocoa, cumin, cinnamon, oregano, and sugar and brown the mixture, stirring often.
- ☐ Stir in the tomato sauce, tomatoes, mole (use it in it's concentrated form), and water. Bring to a boil, reduce heat, and simmer for 30 minutes. Adjust the seasonings by adding additional salt, pepper, mole, or chili powder. Simmer for 30 minutes.
- ☐ Add the beans and the remaining half of the onion-pepper mixture; cook for 15 minutes.
- ☐ Serve topped with pepitos and sour cream.

Nutrition Facts



Properties

Glycemic Index:1.5, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:11.031304304367%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 494.7kcal (24.73%), Fat: 39.72g (61.1%), Saturated Fat: 11.85g (74.08%), Carbohydrates: 3.82g (1.27%), Net Carbohydrates: 0.84g (0.31%), Sugar: 0.92g (1.03%), Cholesterol: 87.59mg (29.2%), Sodium: 85.43mg (3.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.83g (53.65%), Vitamin B12: 2.45µg (40.87%), Zinc: 4.82mg (32.15%), Selenium: 17.51µg (25.02%), Vitamin B3: 4.84mg (24.22%), Phosphorus: 190.61mg (19.06%), Vitamin B6:

0.38mg (18.92%), Iron: 2.51mg (13.94%), Fiber: 3.34g (13.36%), Vitamin B2: 0.19mg (11.28%), Potassium: 333.07mg (9.52%), Vitamin B5: 0.62mg (6.16%), Magnesium: 23.91mg (5.98%), Manganese: 0.11mg (5.33%), Vitamin K: 5.49µg (5.23%), Calcium: 48.05mg (4.81%), Copper: 0.1mg (4.79%), Vitamin E: 0.63mg (4.19%), Vitamin B1: 0.05mg (3.53%), Folate: 9.92µg (2.48%), Vitamin A: 97.43IU (1.95%)