



 **96%**
HEALTH SCORE

Chipotle Rubbed Steak Tacos Mole with Chipotle Cream and Guacamole

 Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



1787 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 ancho chili pepper seeded
- 2 avocado pitted peeled halved
- 14 ounce chicken broth canned
- 2 pepper flakes seeded
- 4 tablespoons chipotle chili powder
- 2 tablespoons cilantro leaves chopped
- 4 servings cotija cheese

- 2 ounces chocolate dark chopped
- 4 pounds flat iron steak room temperature
- 8 flour tortilla
- 4 garlic clove chopped
- 2 tablespoons golden raisins
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 tablespoon ground cumin
- 1 tablespoon hot sauce (recommended: Tabasco)
- 3 tablespoons hot sauce (recommended: Tabasco)
- 2 jalapeno diced seeded finely
- 2 tablespoons juice of lime fresh
- 1 lime zest juiced
- 1 tablespoon olive oil
- 1 onion chopped
- 2 tablespoons peanut butter
- 0.5 onion diced red finely
- 4 servings pepper black freshly ground
- 0.5 cup cream sour
- 1 cup strong coffee decoction hot
- 3 tablespoons tomato paste
- 1.3 cups water divided

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- blender

- grill
- microwave
- grill pan

Directions

- In a bowl, mix the ancho and pasilla chiles and the hot coffee. Cover and let stand at room temperature for 15 minutes.
- Add the chiles, some of the soaking liquid, the tomato paste, and the broth to a blender and process until smooth.
- Heat a saucepan over medium-high heat.
- Add 1 tablespoon of olive oil and the chopped onion.
- Saute for 3 minutes, then add the garlic and saute for 1 minute. Stir in the raisins, cumin, cinnamon, and cloves; saute 1 minute more.
- Add the onion mixture, peanut butter, hot sauce and 1/4 cup water to the blender with the chile mixture and process until smooth. Strain.
- Put the chile mixture, remaining 1 cup of water, and the chocolate into a saucepan. Cook over medium heat, partially covered, stirring occasionally, for 18 minutes,
- Remove the pan from the heat and stir in the lime juice.
- Add the avocado flesh to a medium bowl and the onion, jalapeno, lime zest, lime juice and cilantro. Stir and mash to desired consistency. Cover and refrigerate until ready to use.
- Heat a grill pan or grill to medium heat. Season both sides of the steak with chipotle powder and salt and pepper. Cook 4 to 5 minutes per side for medium-rare. Meanwhile, warm the tortillas in the microwave. Wrap them in paper towel and warm them for 1 minute.
- Remove them from microwave and set aside. Slice the steak into small strips and add to a saucepan, over low heat. Stir in the mole sauce and heat until the meat and sauce are warmed through. Arrange a generous portion of the steak mixture in the middle of each warmed tortilla. Top with the guacamole, chipotle creme and cojita cheese.

Nutrition Facts

 **PROTEIN 29.15%**  **FAT 51.85%**  **CARBS 19%**

Properties

Glycemic Index:126.67, Glycemic Load:18.17, Inflammation Score:-10, Nutrition Score:77.047391518303%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 7.88mg, Hesperetin: 7.88mg, Hesperetin: 7.88mg, Hesperetin: 7.88mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 9.2mg, Quercetin: 9.2mg, Quercetin: 9.2mg, Quercetin: 9.2mg

Nutrients (% of daily need)

Calories: 1787.38kcal (89.37%), Fat: 103.92g (159.88%), Saturated Fat: 36.13g (225.83%), Carbohydrates: 85.69g (28.56%), Net Carbohydrates: 63.87g (23.23%), Sugar: 25.66g (28.52%), Cholesterol: 393.07mg (131.02%), Sodium: 2250.93mg (97.87%), Alcohol: 0g (100%), Caffeine: 35.04mg (11.68%), Protein: 131.48g (262.97%), Vitamin B12: 24.51µg (408.43%), Selenium: 177.98µg (254.26%), Zinc: 37.23mg (248.19%), Vitamin A: 8183.3IU (163.67%), Vitamin B6: 2.97mg (148.53%), Phosphorus: 1470.32mg (147.03%), Vitamin B3: 27.45mg (137.24%), Vitamin B2: 2.18mg (128.29%), Iron: 21.39mg (118.83%), Vitamin C: 80.39mg (97.44%), Manganese: 1.88mg (94.11%), Potassium: 3249.88mg (92.85%), Fiber: 21.82g (87.28%), Copper: 1.44mg (71.88%), Vitamin B5: 6.96mg (69.62%), Magnesium: 269.03mg (67.26%), Vitamin K: 70.49µg (67.14%), Vitamin B1: 1mg (66.83%), Vitamin E: 9.38mg (62.52%), Folate: 203.93µg (50.98%), Calcium: 427.22mg (42.72%), Vitamin D: 0.22µg (1.46%)