



Chocolate Chicken Mole

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado pitted peeled sliced for serving
- 1 teaspoon pepper black freshly ground
- 2 cups tomatoes canned chopped
- 2 teaspoons chili powder
- 1 chipotle pepper with 1 teaspoon adobo sauce from can (to taste), chopped
- 6 servings flour tortillas for serving
- 6 servings cilantro leaves fresh for serving
- 3 garlic cloves minced

- 0.5 teaspoon ground cinnamon
- 6 servings lime wedges for serving
- 2 cups chicken broth low-sodium
- 2 tablespoons olive oil
- 1 medium onion chopped
- 1 orange zest for garnish
- 0.3 cup peanuts roughly chopped for garnish
- 1 cup raisins
- 1 rotisserie chicken cut shredded (skin and bones discarded)
- 1 teaspoon sesame seed for garnish
- 3 tablespoons smooth peanut butter
- 1.5 ounces chocolate unsweetened (or 2 tablespoons cocoa powder)

Equipment

- pot
- blender

Directions

- Place a pot over medium heat and coat with the oil.
- Add the onion and garlic, stirring to soften for 5 minutes.
- Add the chipotle with adobo, raisins, and tomatoes, stirring to combine. Bring to a simmer and cook for 10 minutes.
- Carefully pour the mixture into a blender.
- Add the peanut butter, broth, chili powder, and cinnamon. Puree the mixture until smooth. Season with salt and pepper.
- Return the mixture to the pot over medium heat. Cook for 15 minutes, stirring occasionally.
- Add the chocolate and stir until melted.
- Add the shredded chicken and heat through.
- Transfer the mole to a serving dish and garnish with peanuts, sesame seeds, and orange zest.

Serve with cilantro, lime, avocado, and tortillas.

Nutrition Facts

PROTEIN 24.78% **FAT 42.03%** **CARBS 33.19%**

Properties

Glycemic Index:59.01, Glycemic Load:15.96, Inflammation Score:-7, Nutrition Score:19.377391421277%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 4.59mg, Catechin: 4.59mg, Catechin: 4.59mg, Catechin: 4.59mg Epicatechin: 14.05mg, Epicatechin: 14.05mg, Epicatechin: 14.05mg, Epicatechin: 14.05mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

Nutrients (% of daily need)

Calories: 587.68kcal (29.38%), Fat: 29.3g (45.07%), Saturated Fat: 6.52g (40.74%), Carbohydrates: 52.04g (17.35%), Net Carbohydrates: 41.36g (15.04%), Sugar: 5.67g (6.3%), Cholesterol: 96mg (32%), Sodium: 765.32mg (33.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 16.3mg (5.43%), Protein: 38.86g (77.72%), Manganese: 1.01mg (50.61%), Fiber: 10.69g (42.74%), Copper: 0.66mg (32.99%), Vitamin B3: 6.16mg (30.82%), Phosphorus: 251.88mg (25.19%), Iron: 4.53mg (25.14%), Potassium: 873.83mg (24.97%), Magnesium: 99.04mg (24.76%), Folate: 91.06µg (22.76%), Vitamin B1: 0.31mg (20.86%), Vitamin C: 16.97mg (20.57%), Vitamin E: 2.92mg (19.48%), Vitamin B6: 0.37mg (18.67%), Vitamin B2: 0.3mg (17.46%), Vitamin K: 16.24µg (15.47%), Selenium: 9.43µg (13.47%), Calcium: 121.17mg (12.12%), Zinc: 1.54mg (10.26%), Vitamin B5: 0.89mg (8.86%), Vitamin A: 358.67IU (7.17%), Vitamin B12: 0.08µg (1.31%)