






 **69%**
HEALTH SCORE

Classic Mole Poblano Sauce With Chicken

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN

95 min.

SERVINGS

4

CALORIES

549 kcal

SAUCE

Ingredients

- 0.5 cup almonds
- 1 cup chicken broth
- 4 pepper flakes dried seeds removed
- 1 ounce baker's chocolate unsweetened to taste (or Mexican Chocolate,)
- 4 servings cilantro leaves
- 4 servings corn kernels
- 0.5 corn tortillas
- 0.5 corn tortillas

- 2 garlic clove chopped
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.3 teaspoon ground coriander
- 1 medium onion chopped
- 4 servings paprika to taste
- 4 servings bell pepper
- 4 servings bell pepper
- 4 pasilla peppers dried seeds removed
- 0.3 cup raisins
- 4 servings salt
- 2 tablespoons sesame seed
- 3 tablespoons vegetable oil
- 4 chicken breast boneless skinless
- 4 servings tomatillos
- 2 medium tomatoes seeds removed, chopped peeled
- 4 servings water

Equipment

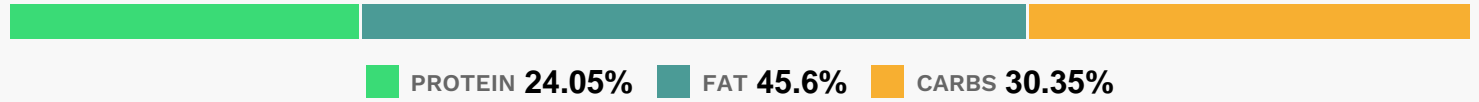
- frying pan
- ladle
- blender
- grill

Directions

- Combine the chiles, onion, garlic, tomatoes, 1 tablespoon of the sesame seeds, almonds, tortilla, raisins, cloves, cinnamon, and coriander. Puree small amounts of this mixture in a blender until smooth. (I added a small amount of water or rum each time to make it smooth.).Melt the shortening in a skillet and saut the puree for 10 minutes, stirring frequently.

- Add the chicken broth and chocolate and cook over a very low heat for 45 minutes. The sauce should be very thick. The remaining sesame seeds are used as a garnish. Season chicken breasts to taste and grill over low heat for about 25 minutes or until desired doneness. Ladle mole sauce over each breast and scatter the tops with warm corn kernels.
- Garnish with cilantro leaves, thin slices of tomatillo.

Nutrition Facts



Properties

Glycemic Index:117.7, Glycemic Load:10.5, Inflammation Score:-10, Nutrition Score:47.366087001303%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 4.79mg, Catechin: 4.79mg, Catechin: 4.79mg, Catechin: 4.79mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 10.16mg, Epicatechin: 10.16mg, Epicatechin: 10.16mg, Epicatechin: 10.16mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Luteolin: 6.52mg, Luteolin: 6.52mg, Luteolin: 6.52mg, Luteolin: 6.52mg Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 9.06mg, Quercetin: 9.06mg, Quercetin: 9.06mg, Quercetin: 9.06mg

Nutrients (% of daily need)

Calories: 548.51kcal (27.43%), Fat: 29.76g (45.79%), Saturated Fat: 5.8g (36.28%), Carbohydrates: 44.57g (14.86%), Net Carbohydrates: 31.07g (11.3%), Sugar: 17.06g (18.95%), Cholesterol: 73.5mg (24.5%), Sodium: 584.65mg (25.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.67mg (1.89%), Protein: 35.32g (70.64%), Vitamin C: 367.91mg (445.95%), Vitamin A: 7114.22IU (142.28%), Vitamin B6: 2.03mg (101.37%), Vitamin B3: 16.88mg (84.41%), Manganese: 1.6mg (80.18%), Vitamin E: 9.88mg (65.85%), Selenium: 40.6µg (58%), Fiber: 13.5g (54%), Phosphorus: 534.03mg (53.4%), Vitamin K: 52.64µg (50.13%), Potassium: 1725.56mg (49.3%), Copper: 0.95mg (47.42%), Magnesium: 186.56mg (46.64%), Vitamin B2: 0.65mg (38.05%), Folate: 127.96µg (31.99%), Iron: 5.7mg (31.65%), Vitamin B1: 0.42mg (28.08%), Vitamin B5: 2.61mg (26.09%), Zinc: 3.36mg (22.41%), Calcium: 171.07mg (17.11%), Vitamin B12: 0.24µg (3.96%)