



Easy Puebla-Style Chicken Mole

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

READY IN



45 min.

SERVINGS



6

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons almonds toasted sliced
- 0.3 cup ancho chiles dried stemmed seeded
- 0.3 teaspoon pepper black
- 3 cups less-sodium chicken broth fat-free
- 2 garlic cloves thinly sliced
- 0.3 cup golden raisins
- 0.5 teaspoon ground cinnamon
- 1 teaspoon ground coriander

- 1 teaspoon ground cumin
- 1 teaspoon olive oil
- 1 cup onion thinly sliced
- 3 strips orange rind (1/2 x 2-inch)
- 0.3 teaspoon salt
- 0.8 pound chicken breast halves boneless skinless
- 0.8 pound chicken thighs boneless skinless
- 1.3 cups tomatoes coarsely chopped (1 medium)
- 0.5 ounce chocolate unsweetened

Equipment

- bowl
- frying pan
- dutch oven
- immersion blender

Directions

- Heat oil in a Dutch oven over medium-high heat.
- Add onion; cook 5 minutes or until almost tender.
- Combine cumin, coriander, and cinnamon in a small bowl; sprinkle over onion in pan. Cook 1 minute.
- Add chiles and garlic to pan; cook 2 minutes or until chiles soften.
- Add broth and next 4 ingredients (through rind) to pan; bring to a boil.
- Add chicken to pan; cover, reduce heat, and simmer 10 minutes or until chicken is done.
- Remove chicken from pan; shred with 2 forks. Set aside.
- Add chocolate to chile mixture; let stand until chocolate melts. Using an immersion blender in pan, puree the chocolate mixture until smooth. Cook over medium heat 20 minutes or until reduced to 3 1/2 cups.
- Add shredded chicken to sauce; stir in salt and pepper.

Nutrition Facts

PROTEIN 40.78% FAT 31.41% CARBS 27.81%

Properties

Glycemic Index:33.94, Glycemic Load:3.63, Inflammation Score:-9, Nutrition Score:21.037391222042%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.38mg, Epicatechin: 3.38mg, Epicatechin: 3.38mg, Epicatechin: 3.38mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.47mg, Isorhamnetin: 1.47mg, Isorhamnetin: 1.47mg, Isorhamnetin: 1.47mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 254.98kcal (12.75%), Fat: 9.23g (14.2%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 18.39g (6.13%), Net Carbohydrates: 13.09g (4.76%), Sugar: 10.06g (11.17%), Cholesterol: 90.15mg (30.05%), Sodium: 691.29mg (30.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.95g (53.91%), Vitamin A: 2925.53IU (58.51%), Vitamin B3: 11.11mg (55.57%), Selenium: 34.63µg (49.48%), Vitamin B6: 0.87mg (43.67%), Phosphorus: 314.28mg (31.43%), Manganese: 0.49mg (24.43%), Potassium: 802.93mg (22.94%), Vitamin B2: 0.39mg (22.82%), Fiber: 5.3g (21.19%), Vitamin B5: 1.83mg (18.27%), Magnesium: 70.17mg (17.54%), Vitamin K: 16.21µg (15.44%), Iron: 2.59mg (14.39%), Copper: 0.28mg (14.11%), Vitamin E: 2.11mg (14.09%), Vitamin C: 11.57mg (14.03%), Zinc: 1.87mg (12.45%), Vitamin B12: 0.7µg (11.72%), Vitamin B1: 0.15mg (9.84%), Folate: 24.01µg (6%), Calcium: 55.58mg (5.56%)