



Enchilada Casserole with Quick Mole Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



382 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 ancho chiles dried
- ☐ 1.5 cups beef carnitas chopped
- ☐ 0.5 ounce mexican chocolate chopped (such as Abuelita)
- ☐ 2 tablespoons pumpkinseed kernels salted
- ☐ 12 6-inch corn tortillas ()
- ☐ 2 garlic cloves minced
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cumin

- ☐ 1 cup less-sodium beef broth
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 4 ounces plantains black soft ()
- ☐ 1.3 ounces queso fresco
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons cherries dried sweet
- ☐ 1 cup water
- ☐ 1 cup water boiling

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan

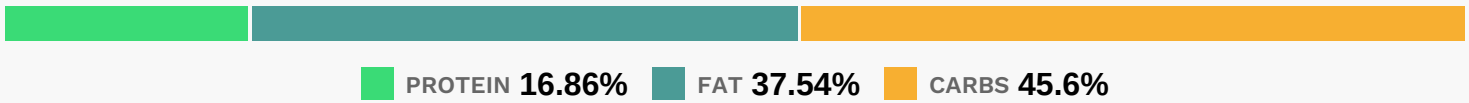
Directions

- ☐ To prepare mole, heat a large skillet over medium-high heat.
- ☐ Add chiles, and cook 2 minutes on each side or until fragrant.
- ☐ Combine chiles and 1 cup boiling water in a small bowl; cover and let stand 10 minutes.
- ☐ Remove chiles from liquid, reserving liquid.
- ☐ Remove and discard stems and seeds from chiles. Set chiles and soaking liquid aside.
- ☐ Heat oil in pan over medium-high heat.
- ☐ Add plantains; saut 2 minutes.
- ☐ Add onion and the next 4 ingredients (through garlic); saut for 5 minutes. Stir in chiles, soaking liquid, broth, cherries, and pumpkinseed kernels; bring to a boil. Reduce heat, and simmer 10 minutes, stirring occasionally.
- ☐ Remove from heat.

- ☐
- Add chocolate, stirring until chocolate melts.

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Nutrition Facts



Properties

Glycemic Index:26.68, Glycemic Load:10.98, Inflammation Score:-9, Nutrition Score:17.692173771236%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 381.56kcal (19.08%), Fat: 16.45g (25.31%), Saturated Fat: 5.99g (37.47%), Carbohydrates: 44.97g (14.99%), Net Carbohydrates: 37.05g (13.47%), Sugar: 13.29g (14.77%), Cholesterol: 44.01mg (14.67%), Sodium: 496.92mg (21.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.62g (33.25%), Vitamin A: 3533.73IU (70.67%), Fiber: 7.92g (31.69%), Phosphorus: 311.07mg (31.11%), Vitamin B6: 0.47mg (23.6%), Zinc: 3.44mg (22.92%), Vitamin B3: 4.39mg (21.95%), Vitamin B12: 1.3µg (21.72%), Selenium: 13.75µg (19.65%), Potassium: 684.99mg (19.57%), Vitamin K: 19.78µg (18.83%), Manganese: 0.36mg (18.05%), Magnesium: 71.51mg (17.88%), Vitamin B2: 0.3mg (17.49%), Iron: 2.82mg (15.67%), Calcium: 105.33mg (10.53%), Vitamin C: 8.53mg (10.34%), Copper: 0.19mg (9.7%), Vitamin B1: 0.11mg (7.18%), Vitamin E: 0.88mg (5.85%), Vitamin B5: 0.57mg (5.7%), Folate: 21.53µg (5.38%), Vitamin D: 0.22µg (1.44%)