



Green Pipiân Mole with Chicken

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

READY IN



45 min.

SERVINGS



4

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves fresh (root beer leaf)
- 2 cups chayote squashes steamed
- 4 cups rice white cooked
- 2 epazote leaves fresh
- 8 sprigs cilantro leaves fresh
- 1 clove garlic
- 2 cups green beans steamed
- 4 servings kosher salt

- 0.3 medium onion chopped
- 4 chicken breast boneless skinless
- 1 cup pumpkin seeds
- 2 leaves the of 1 cos lettuce
- 2 serrano chiles fresh chopped
- 1 pound tomatillos husked rinsed quartered
- 1 cup vegetable stock canned
- 3 teaspoons vegetable oil
- 0.1 teaspoon cumin seeds whole

Equipment

- bowl
- frying pan
- blender

Directions

- In a sauté pan over moderate heat, toast the pumpkins seeds, stirring frequently and being careful not to burn them.
- Transfer to a small bowl to cool. Once cool, reserve about 1/4 cup of pumpkin seeds for garnish, then transfer the remaining seeds to a blender and add enough vegetable stock to cover by 1 inch. Blend on high until smooth.
- Transfer the mixture to a bowl and clean the blender.
- Place the tomatillos, epazote, hoja santa, romaine, cilantro, chiles, onion, garlic, and cumin in a blender, in that order, and blend well. If more liquid is needed, add water or broth, 1 tablespoon at a time.
- In a deep skillet over high heat, heat the oil until shimmering then carefully add the tomatillo mixture and fry, stirring constantly and adding broth or water as needed to achieve a sauce-like consistency, for 1 to 2 minutes.
- Remove the skillet from the heat and add the pumpkin seed mixture.
- Mix well, then season to taste with salt.

Divide the rice, chayote or zucchini, green beans, and poached chicken among 4 plates. Coat the chicken with the mole, garnish with the reserved pumpkin seeds, and serve.

DO AHEAD: Leftover mole can be stored in an airtight container for 3 days in the refrigerator. Or, if frozen properly in an airtight container and wrapped in plastic and then aluminum wrap, it can be held for up to 4 months in the freezer.

Nutrition Facts



Properties

Glycemic Index:76, Glycemic Load:49.54, Inflammation Score:-10, Nutrition Score:43.836086905521%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg

Nutrients (% of daily need)

Calories: 659.83kcal (32.99%), Fat: 18.99g (29.21%), Saturated Fat: 3.52g (22%), Carbohydrates: 62.3g (20.77%), Net Carbohydrates: 55.25g (20.09%), Sugar: 8.77g (9.74%), Cholesterol: 144.64mg (48.21%), Sodium: 703.6mg (30.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.16g (120.32%), Vitamin B3: 27.97mg (139.86%), Selenium: 86.96µg (124.23%), Vitamin B6: 2.11mg (105.26%), Manganese: 2.01mg (100.57%), Phosphorus: 828.27mg (82.83%), Vitamin K: 74.16µg (70.63%), Magnesium: 222.31mg (55.58%), Potassium: 1607.78mg (45.94%), Vitamin A: 2254.52IU (45.09%), Vitamin B5: 4.48mg (44.79%), Vitamin C: 31.96mg (38.74%), Folate: 134.66µg (33.67%), Copper: 0.62mg (31.05%), Zinc: 4.3mg (28.65%), Fiber: 7.05g (28.19%), Iron: 4.39mg (24.38%), Vitamin B2: 0.41mg (24.15%), Vitamin B1: 0.35mg (23.41%), Vitamin E: 2.01mg (13.38%), Calcium: 87.12mg (8.71%), Vitamin B12: 0.45µg (7.53%), Vitamin D: 0.23µg (1.51%)