

Hazelnut Mole



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



461 kcal

SIDE DISH

Ingredients

- ☐ 1.5 ounces ancho chiles* dried stemmed
- ☐ 0.5 teaspoon aniseed
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 cinnamon sticks
- ☐ 0.5 teaspoon coriander seeds
- ☐ 2 6-inch diameter corn tortillas
- ☐ 0.5 teaspoon cumin seeds
- ☐ 6 large garlic cloves peeled

- ☐ 2.5 ounces guajillo chiles* dried stemmed
- ☐ 8 ounces hazelnuts with skin (2 cups)
- ☐ 9 cups low-salt chicken broth ()
- ☐ 4 ounces prune- cut to pieces
- ☐ 1.5 pounds delicious apples red cored peeled quartered
- ☐ 6 tablespoons vegetable oil
- ☐ 1 medium size onion white sliced
- ☐ 6 allspice whole

Equipment

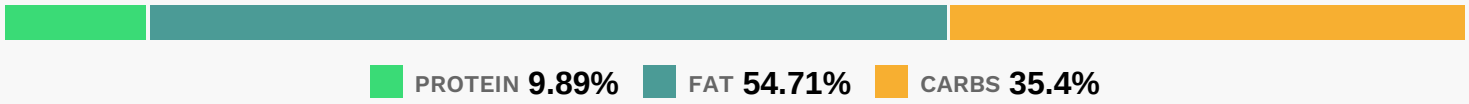
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Heat oil in large deep nonstick skillet over medium heat.
- ☐ Add garlic to skillet; sauté 2 minutes. Using slotted spoon, transfer garlic to large bowl.
- ☐ Add hazelnuts to skillet; sauté until golden, about 3 minutes. Using slotted spoon, transfer to bowl with garlic.
- ☐ Add plantains and sauté until light golden, about 3 minutes. Using slotted spoon, transfer to same bowl.
- ☐ Add apples; sauté until beginning to soften, about 5 minutes. Using slotted spoon, transfer to same bowl. Sauté onion until golden, about 3 minutes; transfer to same bowl (no oil will remain in skillet). Working in batches, sauté a few chiles at a time in same dry skillet, 10 seconds per side; transfer to same bowl. Sauté prunes 2 minutes; transfer to same bowl.
- ☐ Add all spices to skillet and stir 30 seconds.
- ☐ Transfer to same bowl.

- ☐ Using tongs, turn tortillas over gas flame or in dry skillet over medium-high heat until black spots appear on both sides, about 1 minute. Crumble tortillas into same bowl.
- ☐ Add 9 cups broth to bowl; press down on all ingredients to submerge.
- ☐ Let soak 20 minutes.
- ☐ Working in batches, puree contents of bowl in blender, adding more broth by 1/4 cupfuls if needed, until almost smooth.
- ☐ Transfer to heavy large pot and bring to boil, stirring occasionally. Reduce heat to medium-low; simmer mole 1 hour 45 minutes, stirring often and adding more broth by 1/4 cupfuls as needed to prevent scorching. (Mole will be very thick and will measure about 8 cups.) Stir in vinegar. Season mole generously with salt. (Can be made 4 days ahead. Cover and chill.)
- ☐ *Available at specialty foods stores and Latin markets.

Nutrition Facts



Properties

Glycemic Index:31.69, Glycemic Load:7.52, Inflammation Score:-10, Nutrition Score:25.001304336216%

Flavonoids

Cyanidin: 3.34mg, Cyanidin: 3.34mg, Cyanidin: 3.34mg, Cyanidin: 3.34mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg Epicatechin: 6.47mg, Epicatechin: 6.47mg, Epicatechin: 6.47mg, Epicatechin: 6.47mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 461.2kcal (23.06%), Fat: 30.34g (46.68%), Saturated Fat: 3.49g (21.82%), Carbohydrates: 44.17g (14.72%), Net Carbohydrates: 33.28g (12.1%), Sugar: 22.33g (24.81%), Cholesterol: 0mg (0%), Sodium: 98.1mg (4.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.34g (24.68%), Manganese: 2.11mg (105.65%), Vitamin A: 3921.19IU (78.42%), Vitamin K: 48.66µg (46.34%), Fiber: 10.89g (43.55%), Vitamin E: 5.78mg (38.55%), Copper:

0.75mg (37.29%), Vitamin B3: 5.87mg (29.35%), Potassium: 933.15mg (26.66%), Phosphorus: 233.73mg (23.37%), Vitamin B6: 0.43mg (21.29%), Vitamin B2: 0.34mg (20.16%), Magnesium: 79.65mg (19.91%), Iron: 3.33mg (18.49%), Vitamin B1: 0.23mg (15.6%), Vitamin C: 12.06mg (14.62%), Folate: 45.47µg (11.37%), Zinc: 1.36mg (9.1%), Calcium: 81.01mg (8.1%), Vitamin B5: 0.55mg (5.47%), Vitamin B12: 0.27µg (4.43%), Selenium: 2.07µg (2.96%)