



Herbed Pumpkin Seed Mole



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



225 kcal

SIDE DISH

Ingredients

- ☐ 2 cups chicken broth
- ☐ 1 teaspoon cumin seeds
- ☐ 1 cup cilantro leaves fresh packed coarsely chopped
- ☐ 1 cup parsley fresh coarsely chopped
- ☐ 5 garlic clove halved
- ☐ 2 jalapeno sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 onion cut into wedges

- ☐ 0.5 teaspoon oregano dried
- ☐ 1 cup pumpkin seeds peeled
- ☐ 1 teaspoon salt
- ☐ 5 tomatillos husked halved

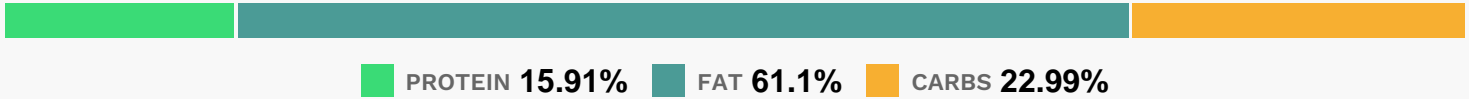
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ In a large skillet with high sides or in a large saucepan, toast the pumpkin seeds, cumin seeds, and oregano over high heat. Toss to make sure they don't burn, but toast until fragrant, about 3 to 4 minutes.
- ☐ Remove from the heat and transfer to a blender or spice grinder and process until ground. Set aside.
- ☐ In the same skillet, heat the oil over medium-high heat.
- ☐ Add the onion, tomatillos, garlic, and jalapeños and cook until slightly browned, 4 to 5 minutes, tossing a couple of times, but not stirring too much. Carefully place the vegetables in a blender or food processor. Then add the broth, cilantro, parsley, epazote (if using), and salt and process until puréed.
- ☐ Pour back into the skillet and add the ground pumpkin seed mixture.
- ☐ Let simmer until flavors are well combined, about 15 minutes, stirring occasionally.
- ☐ Serve immediately. Any leftovers can be refrigerated in an airtight container for a couple of days.
- ☐ If you don't have a spice grinder, a clean coffee grinder works great and a blender works fine, too. If you can't find epazote, you can substitute the green tops of radishes or just leave them out altogether.
- ☐ From Quick & Easy Mexican Cooking: More Than 80 Everyday Recipes by Cecilia Hae-Jin Lee. Text copyright © 2011 by Cecilia Hae-Jin Lee; plated food photographs copyright © 2011 by Leigh Beisch. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:57.67, Glycemic Load:1.66, Inflammation Score:-10, Nutrition Score:23.595652082692%

Flavonoids

Apigenin: 43.1mg, Apigenin: 43.1mg, Apigenin: 43.1mg, Apigenin: 43.1mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 3.06mg, Myricetin: 3.06mg, Myricetin: 3.06mg, Myricetin: 3.06mg Quercetin: 10.88mg, Quercetin: 10.88mg, Quercetin: 10.88mg, Quercetin: 10.88mg

Nutrients (% of daily need)

Calories: 224.67kcal (11.23%), Fat: 16.48g (25.36%), Saturated Fat: 2.66g (16.63%), Carbohydrates: 13.96g (4.65%), Net Carbohydrates: 9.59g (3.49%), Sugar: 5.43g (6.04%), Cholesterol: 3.13mg (1.04%), Sodium: 1376mg (59.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.66g (19.32%), Vitamin K: 358.69µg (341.61%), Manganese: 1.36mg (68.17%), Vitamin C: 50.48mg (61.18%), Vitamin A: 2231.77IU (44.64%), Magnesium: 160.26mg (40.06%), Phosphorus: 330.1mg (33.01%), Iron: 4.46mg (24.78%), Copper: 0.44mg (21.93%), Fiber: 4.37g (17.47%), Potassium: 604.3mg (17.27%), Zinc: 2.32mg (15.45%), Folate: 60.54µg (15.14%), Vitamin B3: 3.02mg (15.1%), Vitamin E: 2.13mg (14.18%), Vitamin B6: 0.24mg (11.98%), Vitamin B2: 0.2mg (11.71%), Vitamin B1: 0.17mg (11.48%), Calcium: 81.88mg (8.19%), Selenium: 3.97µg (5.67%), Vitamin B5: 0.48mg (4.77%)