



Herbed Pumpkin Seed Mole



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 2 cups chicken broth
- ☐ 1 teaspoon cumin seeds
- ☐ 1 cup cilantro leaves fresh packed coarsely chopped
- ☐ 0.5 cup epazote leaves fresh
- ☐ 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

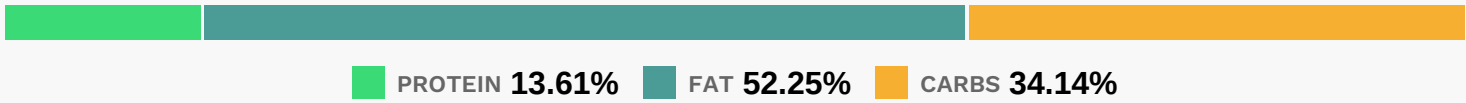
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

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 Cecila Hae-Jin Lee.
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Nutrition Facts



Properties

Glycemic Index:57.67, Glycemic Load:1.66, Inflammation Score:-10, Nutrition Score:28.040435106858%

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: 237.29kcal (11.86%), Fat: 16.68g (25.66%), Saturated Fat: 2.66g (16.63%), Carbohydrates: 24.52g (8.17%), Net Carbohydrates: 18.66g (6.78%), Sugar: 5.43g (6.04%), Cholesterol: 3.13mg (1.04%), Sodium: 1392.96mg (60.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.78g (19.55%), Vitamin K: 358.69µg (341.61%), Manganese: 2.59mg (129.29%), Vitamin C: 51.9mg (62.9%), Magnesium: 207.97mg (51.99%), Vitamin A: 2254.25IU (45.08%), Phosphorus: 364.01mg (36.4%), Iron: 5.21mg (28.94%), Copper: 0.52mg (25.87%), Potassium: 853.9mg (24.4%), Fiber: 5.87g (23.46%), Folate: 81.83µg (20.46%), Calcium: 190.32mg (19.03%), Vitamin B2: 0.32mg (18.67%), Zinc: 2.75mg (18.34%), Vitamin B3: 3.26mg (16.28%), Vitamin B6: 0.32mg (15.93%), Vitamin E: 2.13mg (14.18%), Vitamin B1: 0.17mg (11.48%), Selenium: 4.36µg (6.23%), Vitamin B5: 0.48mg (4.77%)