



Lamb In Red Mole Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



286 kcal

SAUCE

Ingredients

- 2 chipotle sauce dried
- 2 pasilla peppers
- 8 plum tomatoes
- 3 cloves garlic
- 1 teaspoon oregano
- 1 teaspoon cinnamon
- 1 tablespoon sesame seed
- 0.5 teaspoon pepper

- 2 tablespoons canola oil
- 1.5 ounces chocolate
- 0.5 teaspoon salt
- 8 ounces tomato sauce
- 3 tablespoons canola oil
- 1 lamb shoulder
- 4 servings salt and pepper

Equipment

- frying pan
- sauce pan
- oven
- aluminum foil

Directions

- To make mole sauce, soak chipotle peppers in hot water until soft.
- Remove seeds and stem.
- Puree chipotles, roasted peppers, tomatoes and garlic until smooth and set aside.
- Toast oregano, cinnamon, sesame seeds and pepper until fragrant.
- In a saucepan, heat canola oil, then add pureed vegetables, spices, chocolate, salt and tomato sauce.
- Heat until chocolate melts and then continue to simmer, covered, for 15 minutes, stirring frequently. If sauce is too thick, add water to thin as needed.
- Heat oil in a large skillet.
- Season lamb on all sides liberally with salt and pepper, then sear in skillet until a brown crust forms on all sides.
- Lay browned lamb in a piece of heavy duty aluminum foil and pour mole sauce over. Seal tightly so that no air escapes and the sauce wont leak out. (Double foil is a good idea.)
- Bake at 325 degrees F for 3-4 hours, until lamb is tender and falls from the bone.

Nutrition Facts

PROTEIN 4.81% FAT 67.05% CARBS 28.14%

Properties

Glycemic Index:60.65, Glycemic Load:5.24, Inflammation Score:-9, Nutrition Score:15.821304347826%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Taste

Sweetness: 100%, Saltiness: 34.74%, Sourness: 87.79%, Bitterness: 26.05%, Savoriness: 20.05%, Fattiness: 94.58%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 286.27kcal (14.31%), Fat: 22.86g (35.17%), Saturated Fat: 3.72g (23.27%), Carbohydrates: 21.59g (7.2%), Net Carbohydrates: 15.83g (5.76%), Sugar: 13.69g (15.21%), Cholesterol: 0.16mg (0.05%), Sodium: 766.92mg (33.34%), Caffeine: 7.02mg (2.34%), Protein: 3.69g (7.37%), Vitamin C: 69.53mg (84.28%), Vitamin E: 4.91mg (32.73%), Vitamin K: 32.65µg (31.09%), Vitamin A: 1510.31IU (30.21%), Manganese: 0.56mg (27.97%), Fiber: 5.76g (23.04%), Potassium: 628.21mg (17.95%), Vitamin B6: 0.34mg (17.17%), Copper: 0.34mg (16.79%), Magnesium: 49.84mg (12.46%), Iron: 1.96mg (10.9%), Vitamin B3: 1.81mg (9.05%), Phosphorus: 90.54mg (9.05%), Folate: 33.3µg (8.32%), Vitamin B1: 0.12mg (7.83%), Vitamin B2: 0.11mg (6.7%), Calcium: 66.84mg (6.68%), Zinc: 0.79mg (5.27%), Vitamin B5: 0.38mg (3.78%), Selenium: 1.75µg (2.51%)