

# eipi

 **54%**  
HEALTH SCORE

## Mancha Manteles

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**773 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 5 ancho chili pepper dried
- 0.5 teaspoon pepper black freshly ground
- 2 peppercorns whole black
- 3 medium carrots chopped
- 2 ribs celery cut into 1/2 inch slices
- 3 pepper flakes dried
- 0.3 stick cinnamon
- 6 cloves garlic unpeeled

- 3 guajillo chiles\* dried
- 1 teaspoon kosher salt
- 6 cups chicken broth low-sodium
- 1 small onion coarsely chopped
- 0.5 cup orange juice freshly squeezed (2 medium oranges)
- 0.5 teaspoon orange zest finely grated (less than)
- 3 slices pineapple ( )
- 2 plantains green peeled cut into 1/2-inch pieces
- 0.5 cup prune- cut to pieces pitted chopped
- 0.5 cup raisins
- 3.5 pound roasting chickens cut into 8 pieces, discarding wings and cutting breast into 4 pieces
- 0.5 cup sesame seed
- 2 teaspoon sugar
- 1 medium sweet potatoes and into
- 1.5 pounds tomatoes
- 4 tablespoons vegetable oil
- 0.3 cup almonds whole
- 8 servings frangelico
- 8 servings frangelico

## Equipment

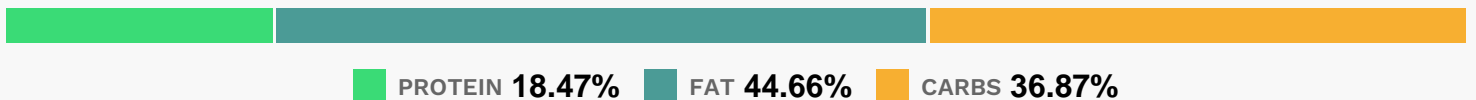
- bowl
- frying pan
- oven
- knife
- pot
- blender
- slotted spoon

# Directions

- Prepare mancha manteles
- Preheat oven to 350F
- On parchment-lined sheet pan, place tomatoes, onions, and sweet potato and put in oven. Roast tomatoes until blistered, about 25 minutes, then remove from oven. Roast onions until beginning to caramelize, about 35 minutes, then remove. Cook potato until knife easily slides in, about 45–55 minutes, then remove.
- In 10-inch, dry skillet over moderately low heat, toast ancho, guajillo, and mulato chiles, turning once, until slightly darker and beginning to puff, about 2 to 3 minutes.
- Remove from heat and let cool. Once chiles are cool enough to handle, halve lengthwise, then remove and discard seeds, stems, and ribs.
- Transfer chiles to medium bowl, cover completely with water, and let stand 20 minutes.
- In small, dry skillet over moderate heat, toast unpeeled garlic, turning once, until starting to turn golden brown, about 10 minutes total. When cool enough to handle, remove skins and set aside.
- In small, dry skillet over moderate heat, toast sesame seeds, stirring to prevent burning, until starting to turn golden brown, about 5 to 6 minutes. Set aside.
- In small, dry skillet over moderate heat, toast almonds, cinnamon, cloves, and peppercorns until light brown, about 2 to 3 minutes. Set aside.
- Drain chiles well and place in blender.
- Add 2 cups chicken stock and pure until smooth, about 2 to 3 minutes. Strain and set aside.
- In 10-inch skillet over moderate heat, heat 2 tablespoons oil until hot but not smoking.
- Add raisins and cook until puffed up, about 2 minutes. With slotted spoon remove raisins, place in small bowl, and set aside. Do not clean skillet.
- In same skillet, using oil leftover from cooking raisins, cook plantains, turning once, until golden brown, about 6 minutes total.
- Place in bowl and set aside.
- When tomatoes are cool enough to handle, remove skins, then quarter and remove seeds. Coarsely chop and place in blender.
- Add onions, toasted garlic, and 2 cups chicken stock, then pure until smooth. Strain and set aside.

- Rinse blender, then pure toasted sesame seeds and 1 1/2 cups chicken stock until very smooth, about 2 minutes. Strain and set aside.
- Rinse blender, then pure raisins, half of plantains, almonds, cinnamon, cloves, salt, and pepper until very smooth. Strain and set aside.
- In 6-quart, heavy pan over moderate heat, heat 2 tablespoons oil.
- Add chile pure and cook until slightly thickened, about 10 minutes.
- Add tomato pure, sesame pure, and raisin pure, then cook 30 minutes, stirring constantly. Keep over low heat, adding remaining 1/2 cup stock if mixture gets too thick.
- Poach chicken
- In heavy, 6-quart heavy pot, place chicken stock, carrots, onions, and celery and bring to a simmer.
- Add chicken and cook, uncovered, at bare simmer, until cooked through, about 14 to 18 minutes.
- Remove chicken from pot, place in bowl, and let cool. Discard cooking broth.
- Serve
- Add chicken, sweet potato, remaining plantains, apple, pineapple, salt, sugar, orange juice and zest, and prunes to mancha manteles pot and simmer 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:82.42, Glycemic Load:15.14, Inflammation Score:-10, Nutrition Score:43.767826329107%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.7mg, Quercetin: 2.7mg,

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## **Nutrients (% of daily need)**

Calories: 772.61kcal (38.63%), Fat: 39.79g (61.21%), Saturated Fat: 8.95g (55.95%), Carbohydrates: 73.9g (24.63%), Net Carbohydrates: 59.32g (21.57%), Sugar: 26.54g (29.48%), Cholesterol: 124.58mg (41.53%), Sodium: 515.93mg (22.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.03g (74.06%), Vitamin A: 16243.61IU (324.87%), Vitamin C: 82.92mg (100.51%), Vitamin B3: 16.32mg (81.58%), Manganese: 1.33mg (66.41%), Fiber: 14.58g (58.31%), Vitamin B6: 1.15mg (57.71%), Vitamin K: 60.19µg (57.33%), Potassium: 1844.8mg (52.71%), Phosphorus: 507.62mg (50.76%), Vitamin B2: 0.84mg (49.4%), Copper: 0.97mg (48.34%), Magnesium: 155.64mg (38.91%), Iron: 6.89mg (38.25%), Selenium: 21.92µg (31.31%), Folate: 114.25µg (28.56%), Vitamin B12: 1.61µg (26.85%), Vitamin B5: 2.56mg (25.64%), Vitamin B1: 0.38mg (25.44%), Zinc: 3.76mg (25.05%), Vitamin E: 3.73mg (24.85%), Calcium: 192.47mg (19.25%)