



Mexican Chicken Mole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 ounce chiles green drained chopped canned
- 14.5 ounce canned tomatoes whole undrained chopped canned
- 1 tablespoon chili powder
- 6 cups rice hot cooked
- 2 teaspoons cornstarch
- 1 garlic minced
- 0.8 cup bell pepper green chopped
- 1 teaspoon cumin

- 0.5 cup onion chopped
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 12 ounce skinned urad dal
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- 1 tablespoon sugar
- 3 tablespoons cocoa powder unsweetened
- 1 tablespoon frangelico
- 1 tablespoon water

Equipment

- plastic wrap
- microwave

Directions

- Combine first 4 ingredients in a 2-quart casserole. Cover with heavy-duty plastic wrap, and vent. Microwave at HIGH 4 minutes or until tender.
- Add sugar and next 6 ingredients (sugar through chiles), and stir well. Arrange chicken over the tomato mixture, and sprinkle with 1/4 teaspoon salt. Cover and microwave at HIGH 8 minutes. Rearrange chicken, spooning the tomato mixture over the chicken; cover and microwave at HIGH 8 minutes or until chicken is done.
- Remove chicken from dish; set aside, and keep warm.
- Combine water and cornstarch, stirring until blended; add to tomato mixture. Microwave, uncovered, at HIGH 5 minutes, stirring after 2 1/2 minutes.
- Serve the chicken and tomato mixture over rice.
- Garnish with cilantro sprigs, if desired.

Nutrition Facts



PROTEIN 22.07% **FAT 3.32%** **CARBS 74.61%**

Properties

Glycemic Index:48.18, Glycemic Load:51.01, Inflammation Score:0, Nutrition Score:19.041304546854%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 607.27kcal (30.36%), Fat: 2.26g (3.48%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 114.31g (38.1%), Net Carbohydrates: 87.35g (31.77%), Sugar: 6.25g (6.95%), Cholesterol: 0mg (0%), Sodium: 498.25mg (21.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.75mg (1.92%), Protein: 33.81g (67.62%), Fiber: 26.96g (107.83%), Iron: 10.97mg (60.93%), Manganese: 1.05mg (52.52%), Vitamin C: 34.49mg (41.81%), Selenium: 13.14µg (18.77%), Vitamin B6: 0.37mg (18.57%), Copper: 0.37mg (18.27%), Calcium: 131.61mg (13.16%), Magnesium: 52.57mg (13.14%), Vitamin A: 648.55IU (12.97%), Phosphorus: 124.66mg (12.47%), Potassium: 404.21mg (11.55%), Vitamin E: 1.51mg (10.09%), Vitamin B3: 1.94mg (9.68%), Vitamin B5: 0.88mg (8.81%), Zinc: 1.28mg (8.51%), Folate: 30.75µg (7.69%), Vitamin B1: 0.11mg (7.35%), Vitamin K: 6.56µg (6.25%), Vitamin B2: 0.09mg (5.41%)