



 **55%**  
HEALTH SCORE

## Mojo Chicken Torta

READY IN



225 min.

SERVINGS



4

CALORIES



811 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon agave nectar
- 1 teaspoon agave nectar
- 1.5 teaspoons agave nectar
- 1 ancho chile dried
- 1 tablespoon canola oil
- 2 tablespoons canola oil
- 3 cups carrots grated
- 1 tablespoon chili powder
- 0.3 cup cilantro leaves fresh

- 3 cloves garlic
- 4 cloves garlic chopped
- 1 tablespoon ground cumin
- 1 juice of lime
- 1 juice of lime
- 2 juice of lime
- 2 juice of orange
- 1 tablespoon kosher salt
- 4 servings kosher salt and pepper black freshly ground
- 1.5 cups crema mexicana
- 0.8 cup onion finely chopped
- 1 orange zest
- 2 plum tomatoes
- 1 poblano chile
- 6 roasted in an oven until blackened
- 2 bunches scallions
- 1.5 pounds chicken breasts boneless skinless
- 4 telera rolls (round Mexican sandwich rolls)
- 12 ounces tomatillos cleaned ( 3)
- 3 tablespoons distilled vinegar white
- 1 small onion yellow quartered

## Equipment

- food processor
- bowl
- mixing bowl
- grill
- grill pan
- cutting board

## Directions

- Watch how to make this recipe.
- Mix the oil, lime juice, orange zest and juice, garlic, onions, chili powder, cumin and salt in a bowl until combined. Adjust seasoning if necessary.
- Transfer the marinade into a large freezer bag.
- Add the chicken and marinate in the fridge for 2 to 4 hours.
- For the carrot slaw: In a mixing bowl, combine the carrots, vinegar and agave. Toss to coat and season with salt and pepper. Set aside.
- Heat a grill pan to medium-high heat and lightly coat with 1 tablespoon of the canola oil. Pull the chicken out of the marinade and grill each side until dark grill marks form, 6 to 8 minutes a side. Then let rest for at least 5 minutes.
- Toss the scallions with the remaining 1 tablespoon canola oil and season with salt and pepper. Grill until charred on all sides. Chop and set aside.
- Spread 1 tablespoon of the Poblano Crema on the bottom of a roll. Then add some sliced chicken, Charred Salsa, carrot slaw and charred green onions.
- Cut on the diagonal and serve with additional salsa on the side.
- Peel, stem and seed the poblanos.
- Place in food processor and pulse until smooth.
- Add the Mexican crema, agave and lime juice, and season with salt and pepper. Pulse until just combined. Scoop into a bowl and spread on everything.
- Heat a large grill pan to medium-high heat.
- Add the tomatillos, garlic, tomatoes, onion, ancho and poblanochiles. Char on all sides until blackened in parts, removing the charred vegetables and chiles to a cutting board once blackened. Depending on their size, each vegetable will char at a different rate.
- Place the charred ancho chile into a small bowl and pour enough hot water to cover it. Allow to sit until the chili is softened, 8 to 10 minutes. When softened, remove the stem and seeds.
- Remove the stem and seeds from the charred poblano as well as the stem and skins from the charred garlic cloves and onion quarters.
- Put the soaked ancho and poblano chiles, tomatillos, garlic, tomatoes, onion, cilantro, agave and lime juice into the bowl of a food processor and blend until mostly smooth. Season with salt and pepper to your heart's content.

# Nutrition Facts

PROTEIN 24.33% FAT 37% CARBS 38.67%

## Properties

Glycemic Index:114.21, Glycemic Load:7.59, Inflammation Score:-10, Nutrition Score:47.421304189641%

## Flavonoids

Eriodictyol: 0.71mg, Eriodictyol: 0.71mg, Eriodictyol: 0.71mg, Eriodictyol: 0.71mg Hesperetin: 6.28mg, Hesperetin: 6.28mg, Hesperetin: 6.28mg, Hesperetin: 6.28mg Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 12.81mg, Quercetin: 12.81mg, Quercetin: 12.81mg, Quercetin: 12.81mg

## Nutrients (% of daily need)

Calories: 810.92kcal (40.55%), Fat: 33.78g (51.97%), Saturated Fat: 2.45g (15.31%), Carbohydrates: 79.42g (26.47%), Net Carbohydrates: 67.77g (24.64%), Sugar: 27.47g (30.52%), Cholesterol: 156.53mg (52.18%), Sodium: 2752mg (119.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.98g (99.96%), Vitamin A: 20158.87IU (403.18%), Vitamin B3: 24.61mg (123.03%), Selenium: 79.58µg (113.69%), Vitamin C: 85.73mg (103.92%), Vitamin B6: 1.87mg (93.45%), Vitamin K: 76.02µg (72.4%), Phosphorus: 562.99mg (56.3%), Potassium: 1818.85mg (51.97%), Manganese: 0.99mg (49.46%), Fiber: 11.65g (46.61%), Vitamin B1: 0.62mg (41.32%), Vitamin B2: 0.65mg (38.24%), Vitamin B5: 3.43mg (34.35%), Vitamin E: 4.99mg (33.28%), Iron: 5.91mg (32.81%), Folate: 130.7µg (32.67%), Calcium: 317.02mg (31.7%), Magnesium: 126.58mg (31.65%), Copper: 0.41mg (20.75%), Zinc: 2.53mg (16.89%), Vitamin B12: 0.34µg (5.7%), Vitamin D: 0.17µg (1.14%)