



Mole Chicken Chili

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 1.5 lb chicken thighs boneless skinless cut into 3/4-inch pieces
- ☐ 1 medium onion chopped
- ☐ 1 medium bell pepper green chopped
- ☐ 2 cloves garlic chopped
- ☐ 2 medium jalapeno seeded chopped
- ☐ 29 oz canned tomatoes diced fire roasted organic undrained canned
- ☐ 0.8 cup lager such as a boston lager

- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 1 tablespoon chili powder
- ☐ 0.5 teaspoon kosher salt (coarse)
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 serving roasted pumpkin seeds salted hulled (pepitas)
- ☐ 1 serving corn tortillas soft

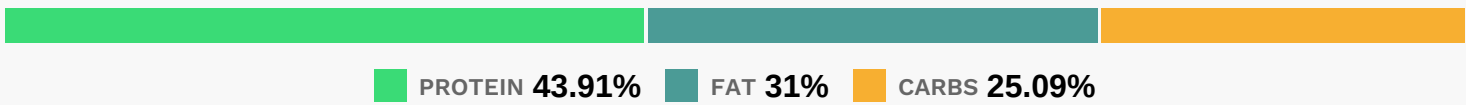
Equipment

- ☐ dutch oven

Directions

- ☐ In 4-quart Dutch oven, heat oil over medium-high heat.
- ☐ Add chicken; cook 5 to 6 minutes, stirring frequently, until browned.
- ☐ Add onion, bell pepper, garlic and jalapeño chiles; cook 2 minutes, stirring frequently.
- ☐ Stir in tomatoes, beer, cocoa, chili powder, salt and cinnamon.
- ☐ Heat to boiling. Reduce heat to low; simmer uncovered 15 to 20 minutes or until chicken is no longer pink in center and chili is desired consistency.
- ☐ Sprinkle individual servings with pepitas.
- ☐ Serve with corn tortillas.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:1.85, Inflammation Score:-7, Nutrition Score:14.672608499942%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg, Myricetin: 0.03mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg
Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 230.18kcal (11.51%), Fat: 7.58g (11.66%), Saturated Fat: 1.65g (10.3%), Carbohydrates: 13.8g (4.6%), Net Carbohydrates: 10.84g (3.94%), Sugar: 4.77g (5.3%), Cholesterol: 107.73mg (35.91%), Sodium: 533.02mg (23.17%), Alcohol: 1.15g (100%), Alcohol %: 0.44% (100%), Protein: 24.15g (48.3%), Selenium: 26.73µg (38.19%), Vitamin B3: 6.91mg (34.57%), Vitamin B6: 0.66mg (32.76%), Vitamin C: 25.63mg (31.07%), Phosphorus: 253.94mg (25.39%), Vitamin A: 1095.13IU (21.9%), Vitamin B5: 1.46mg (14.56%), Vitamin B2: 0.24mg (14.15%), Zinc: 1.99mg (13.25%), Iron: 2.22mg (12.35%), Vitamin B12: 0.73µg (12.19%), Fiber: 2.96g (11.82%), Potassium: 411.31mg (11.75%), Magnesium: 42.85mg (10.71%), Manganese: 0.18mg (9.05%), Vitamin B1: 0.14mg (9.02%), Vitamin E: 1.31mg (8.73%), Vitamin K: 8.58µg (8.17%), Copper: 0.14mg (7.23%), Calcium: 71.1mg (7.11%), Folate: 14.02µg (3.5%)