



Mole Gravy

 Dairy Free

READY IN



150 min.

SERVINGS



24

CALORIES



91 kcal

SAUCE

Ingredients

- ☐ 0.5 cup almonds toasted chopped
- ☐ 4 ancho chiles stemmed rinsed seeded
- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 ounces bittersweet chocolate chopped
- ☐ 1 medium carrots chopped
- ☐ 0.5 teaspoon cayenne
- ☐ 7 pan juices from step of chile and spice grilled turkey
- ☐ 0.5 teaspoon cinnamon

- ☐ 0.3 cup flour
- ☐ 4 large garlic cloves peeled
- ☐ 7 cups chicken broth reduced-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion thick cut into slices
- ☐ 0.3 cup sesame seed toasted
- ☐ 24 servings neck and giblets from chile and spice grilled turkey for another use (save liver)

Equipment

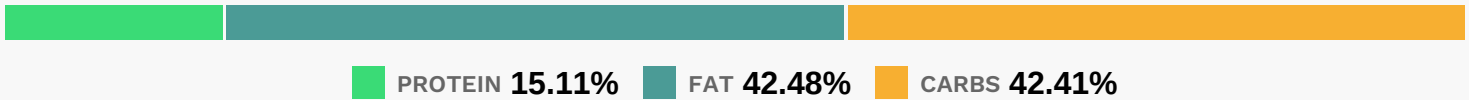
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ spatula
- ☐ cheesecloth

Directions

- ☐ Toast chiles in a 5- to 6-qt. pan over medium heat, pressing down with a wide spatula and turning once, until fragrant, 1 to 2 minutes.
- ☐ Transfer to a plate.
- ☐ Add oil, onion, carrot, and garlic to pan; cook, stirring occasionally, until onion is golden, about 10 minutes.
- ☐ Add chiles, broth, cinnamon, cayenne, almonds, and sesame seeds. Enclose turkey neck and giblets in a piece of cheesecloth and tie securely with string.
- ☐ Add to broth.
- ☐ Heat mixture to boiling, then reduce heat and simmer, covered, for about 1 hour to blend flavors. Discard giblet packet.

- ☐ Strain mole broth into a heatproof bowl. Pure contents of strainer in a blender with 2 cups of the broth until very smooth, 2 minutes.
- ☐ Add pured mixture to bowl and set aside.
- ☐ Strain turkey pan juices into a second heatproof bowl. Skim fat and pour 1/4 cup of it into a large saucepan; discard remaining fat. Measure 1 cup pan juices; save rest for another use.
- ☐ Whisk flour into fat and cook over medium-high heat, whisking constantly, until it smells toasted, 2 minutes. Carefully whisk in the 1 cup pan juices and about 1 cup reserved mole broth.
- ☐ Add remaining broth and cook over medium-high heat, whisking often, until bubbling, about 12 minutes.
- ☐ Remove from heat and whisk in chocolate and vinegar.
- ☐ Pour into gravy boats.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:1.56, Inflammation Score:-9, Nutrition Score:8.4308694609157%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 91.3kcal (4.56%), Fat: 4.66g (7.16%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 10.46g (3.49%), Net Carbohydrates: 7.59g (2.76%), Sugar: 4.68g (5.2%), Cholesterol: 1.29mg (0.43%), Sodium: 32.2mg (1.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.45%), Vitamin A: 2114.11IU (42.28%), Vitamin C: 21.49mg (26.05%), Manganese: 0.25mg (12.44%), Fiber: 2.87g (11.49%), Copper: 0.2mg (9.91%), Vitamin B3: 1.98mg (9.88%), Vitamin B2: 0.15mg (9.05%), Vitamin K: 9.09µg (8.66%), Vitamin B6: 0.16mg (8.01%), Potassium: 276.85mg (7.91%), Vitamin E: 1.17mg (7.81%), Phosphorus: 72.62mg (7.26%), Magnesium: 28.19mg (7.05%), Iron: 1.23mg (6.85%),

Calcium: 36.21mg (3.62%), Zinc: 0.51mg (3.38%), Vitamin B1: 0.05mg (3.32%), Folate: 12.99µg (3.25%), Selenium: 1.97µg (2.81%), Vitamin B12: 0.09µg (1.51%), Vitamin B5: 0.14mg (1.35%)