



 **7%**
HEALTH SCORE

Mole Nachos

 **Gluten Free**

READY IN



40 min.

SERVINGS



6

CALORIES



422 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3.1 ounce chocolate chopped
- 2 tablespoons creamy peanut butter
- 2 tablespoons cilantro leaves fresh chopped
- 2 cloves garlic minced
- 6 servings salt and pepper freshly ground
- 1.5 cups chicken broth low-sodium
- 2 tablespoons crema mexicana sour
- 0.5 cup monterrey jack cheese grated

- 2 tablespoons olive oil extra virgin extra-virgin
- 2 cups onion chopped
- 1 teaspoon oregano dried crumbled
- 5 pepper flakes dried
- 1.5 teaspoons sugar
- 8 ounce tortilla chips

Equipment

- sauce pan
- blender
- baking pan
- broiler

Directions

- Preheat the broiler. Stem and seed the chile peppers and soak in warm water until soft, about 15 minutes.
- Drain.
- Heat the olive oil in a saucepan over medium heat.
- Add the onions and garlic and cook, stirring occasionally, until the onions are translucent, about 5 minutes.
- Transfer the mixture to a blender and add the chiles, chicken broth, peanut butter, sugar and oregano. Coarsely crumble 1/4 cup tortilla chips, add to the blender and puree until smooth. Return the mixture to the saucepan and simmer, stirring, about 5 minutes. Stir in the chocolate until melted. Season the mole with salt and pepper.
- Place the remaining tortilla chips in a baking dish.
- Pour about 2 cups mole on top (reserve the rest for dipping); sprinkle with the cheese. Broil until the cheese melts, about 2 minutes. Top with the crema and cilantro.
- Photograph by Yunhee Kim

Nutrition Facts



■ PROTEIN 8.54% ■ FAT 49.53% ■ CARBS 41.93%

Properties

Glycemic Index:48.78, Glycemic Load:6.7, Inflammation Score:-8, Nutrition Score:14.204782667367%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.91mg, Quercetin: 10.91mg, Quercetin: 10.91mg, Quercetin: 10.91mg

Nutrients (% of daily need)

Calories: 421.82kcal (21.09%), Fat: 24.46g (37.62%), Saturated Fat: 7.13g (44.59%), Carbohydrates: 46.6g (15.53%), Net Carbohydrates: 41.86g (15.22%), Sugar: 13.95g (15.5%), Cholesterol: 11.03mg (3.68%), Sodium: 443.77mg (19.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.67mg (3.22%), Protein: 9.48g (18.97%), Vitamin C: 58.19mg (70.53%), Phosphorus: 217.85mg (21.78%), Vitamin E: 2.89mg (19.26%), Vitamin B6: 0.38mg (19.04%), Fiber: 4.74g (18.95%), Vitamin K: 19.85µg (18.9%), Magnesium: 75.6mg (18.9%), Manganese: 0.32mg (16.25%), Calcium: 151.72mg (15.17%), Copper: 0.25mg (12.55%), Vitamin B3: 2.49mg (12.47%), Potassium: 407.35mg (11.64%), Iron: 1.93mg (10.73%), Vitamin B2: 0.18mg (10.36%), Zinc: 1.43mg (9.52%), Vitamin A: 468.87IU (9.38%), Vitamin B1: 0.12mg (7.92%), Folate: 30.92µg (7.73%), Vitamin B5: 0.69mg (6.85%), Selenium: 4.28µg (6.11%), Vitamin B12: 0.14µg (2.29%)