



Mole Poblano

 Very Healthy

READY IN



105 min.

SERVINGS



7

CALORIES



1112 kcal

SAUCE

Ingredients

- 0.8 cup almonds
- 16 ancho chiles
- 2 quarts chicken broth as needed plus more
- 1.5 quarts chicken stock see
- 6 pasilla chiles
- 30 mulatto chiles
- 1 chipotle sauce
- 8 ounces mexican chocolate chopped

- 4 inch cinnamon sticks
- 1 croissants stale
- 8 garlic cloves
- 1 teaspoon ground coriander seeds
- 1 onion chopped
- 2 onions halved
- 0.8 cup peanuts
- 1 cup prune- cut to pieces
- 0.8 cup raisins
- 0.8 cup sesame seed
- 1 teaspoon ground star anise
- 0.3 cup sugar
- 10 tomatillos
- 3 tomatoes
- 1 charred tortilla
- 7 servings lard as needed
- 7 servings lard as needed

Equipment

- frying pan
- sauce pan
- pot
- blender

Directions

- Watch how to make this recipe.
- Melt a little lard in a large saucepan over medium heat.
- Add the halved onions and the 8 garlic cloves and cook until lightly browned.

- Remove from the pan and discard the onion. Reserve the garlic. In the infused lard, fry the roasted onions, roasted garlic, roasted tomatoes and tomatillos. Reserve.
- In another large skillet, add the sesame seeds, almonds, peanuts, raisins, prunes, plantains, coriander seeds, star anise and cinnamon, and toast until aromatic. Set aside.
- In a blender add the reserved garlic, the onion mixture, the nut mixture, croissants, tortilla pieces and the 1 1/2 quarts of chicken stock. Puree until a smooth mole forms.
- Transfer mole mixture to a large stock pot.
- Seed and devein the mulattos, anchos, pasillas and chipotles. Coat a large fry pan with lard.
- Add the chiles and saute until soft.
- Add the chiles to a blender and puree, then strain into the pot with the mole.
- Put the pot over low heat and add the chocolate and the sugar, stirring constantly. Stir in the remaining chicken stock, a little at a time, until the desired thickness of the mole is reached.

Nutrition Facts



PROTEIN 11.43% **FAT 34.02%** **CARBS 54.55%**

Properties

Glycemic Index:83.25, Glycemic Load:36.63, Inflammation Score:-10, Nutrition Score:65.900869830795%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 10.44mg, Quercetin: 10.44mg, Quercetin: 10.44mg, Quercetin: 10.44mg

Nutrients (% of daily need)

Calories: 1111.5kcal (55.58%), Fat: 46.27g (71.18%), Saturated Fat: 12.09g (75.57%), Carbohydrates: 166.88g (55.63%), Net Carbohydrates: 126.95g (46.16%), Sugar: 90.31g (100.34%), Cholesterol: 16.95mg (5.65%), Sodium: 1471.75mg (63.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 21.38mg (7.13%), Protein: 34.99g (69.97%), Vitamin A: 24161.05IU (483.22%), Vitamin C: 376.79mg (456.71%), Fiber: 39.94g (159.74%), Manganese: 3.07mg (153.54%), Vitamin K: 146.15µg (139.19%), Vitamin B6: 2.42mg (121.02%), Vitamin B2: 1.96mg (115.43%), Potassium: 3579.95mg

(102.28%), Copper: 2.01mg (100.46%), Vitamin B3: 19.93mg (99.66%), Magnesium: 338.92mg (84.73%), Iron: 14.16mg (78.67%), Phosphorus: 676.76mg (67.68%), Vitamin E: 8.99mg (59.96%), Vitamin B1: 0.79mg (52.38%), Folate: 198.14µg (49.54%), Calcium: 370.03mg (37%), Zinc: 5.03mg (33.55%), Selenium: 21.8µg (31.14%), Vitamin B5: 2.03mg (20.29%), Vitamin B12: 0.07µg (1.12%)