



Mole Poblano

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



100 kcal

SAUCE

Ingredients

- 0.3 cup almonds sliced
- 2 ancho chiles seeded
- 2 mulato chiles seeded
- 2 6-inch corn tortillas ()
- 2 ounces chocolate dark chopped
- 14 ounce less-sodium chicken broth fat-free canned
- 4 garlic cloves chopped
- 0.3 teaspoon ground cinnamon

- 0.1 teaspoon ground cloves
- 0.3 teaspoon ground cumin
- 1 tablespoon juice of lime fresh
- 0.5 cup onion chopped
- 1 pasilla chile seeded
- 1 plantains black soft cut into 1/4-inch slices
- 2 plum tomatoes
- 0.8 teaspoon salt
- 1 tablespoon cocoa unsweetened
- 1.3 cups water divided

Equipment

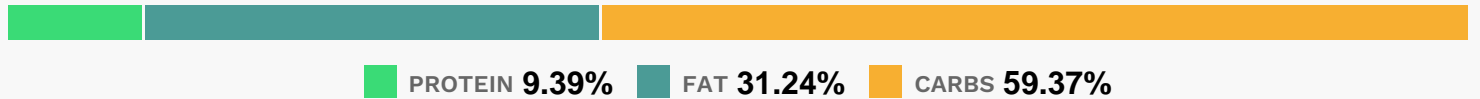
- bowl
- frying pan
- blender

Directions

- Heat a large nonstick skillet over medium-high heat.
- Add ancho, mulato, and pasilla chiles; cook 1 minute on each side.
- Place chiles in a medium bowl; cover with hot water.
- Let stand at room temperature 30 minutes; drain.
- While chiles soak in hot water, place tomatoes in pan, and cook 6 minutes, browning on all sides.
- Remove from pan.
- Add tortillas to pan, and cook 1 1/2 minutes on each side or until browned.
- Place drained chiles, tomatoes, tortillas, and broth in a blender; process until smooth.
- Heat pan over medium-high heat. Coat the pan with cooking spray.
- Add chopped onion, and saut for 3 minutes.
- Add plantain, and saut for 3 minutes or until browned.

- Add almonds and garlic; saut for 1 minute. Stir in unsweetened cocoa, cumin, cinnamon, and cloves; saut 15 seconds.
- Place onion mixture and 1/4 cup water in blender with chile mixture; process until smooth.
- Place chile mixture, 1 cup water, and chocolate in pan; cook over medium heat, partially covered, 18 minutes, stirring occasionally.
- Remove from heat. Stir in lime juice and salt.
- Wine note: The complex flavors of moles are a big challenge when it comes to wine. One style I like is fruity but dry rieslings. These have crisp acidity to counterbalance a mole's intense flavor, plus a touch of fruitiness that plays perfectly off the chiles. A great example: Chateau Ste. Michelle Riesling Cold Creek Vineyard 2003 from Washington's Columbia Valley (\$17). - Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:19.46, Glycemic Load:1.82, Inflammation Score:-9, Nutrition Score:8.6056520576062%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 99.83kcal (4.99%), Fat: 3.77g (5.8%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 16.12g (5.37%), Net Carbohydrates: 12.45g (4.53%), Sugar: 7.3g (8.11%), Cholesterol: 0.14mg (0.05%), Sodium: 293.06mg (12.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.74mg (1.58%), Protein: 2.55g (5.1%), Vitamin A: 2083.25IU (41.67%), Vitamin C: 17.99mg (21.81%), Manganese: 0.32mg (16.05%), Fiber: 3.68g (14.7%), Vitamin K: 12.93µg (12.31%), Vitamin B6: 0.19mg (9.72%), Potassium: 331.85mg (9.48%), Magnesium: 37.1mg (9.27%), Copper: 0.19mg (9.25%), Vitamin B2: 0.15mg (8.72%), Iron: 1.45mg (8.08%), Phosphorus: 69.28mg (6.93%), Vitamin B3: 1.2mg (6%), Vitamin E: 0.83mg (5.54%), Folate: 13.48µg (3.37%), Zinc: 0.47mg (3.14%), Selenium: 2.12µg (3.02%), Vitamin B1:

0.04mg (2.81%), Calcium: 24.98mg (2.5%), Vitamin B5: 0.22mg (2.24%), Vitamin B12: 0.08µg (1.32%)