



Mole Poblano with Chicken Thighs

 Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



636 kcal

SAUCE

Ingredients

- ☐ 0.5 cup canned tomatoes diced organic (from 14.5-oz can)
- ☐ 2 tablespoons sesame seed
- ☐ 2 tablespoons slivered almonds
- ☐ 3 tablespoons vegetable oil
- ☐ 1 small onion yellow finely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 0.3 cup raisins dark
- ☐ 1 Dash salt and pepper

- ☐ 0.5 teaspoon chipotle chili powder
- ☐ 0.3 cup chili powder
- ☐ 1.5 oz baker's chocolate unsweetened
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 2 tablespoons brown sugar packed
- ☐ 0.3 cup breadcrumbs plain
- ☐ 2.5 cups chicken broth reduced-sodium (from 32-oz carton)
- ☐ 2 lb chicken thighs boneless skinless (8)
- ☐ 1 serving cilantro leaves fresh
- ☐ 1 serving sesame seed

Equipment

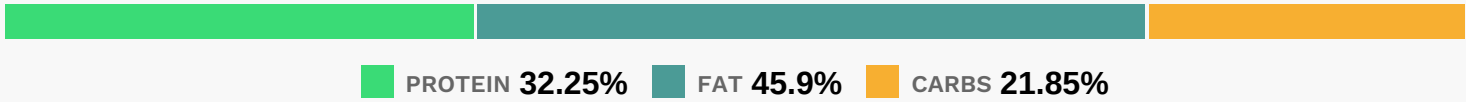
- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Place tomatoes in medium bowl.
- ☐ Place 10- or 12-inch skillet over medium heat.
- ☐ Add sesame seed and almonds; toast about 5 minutes, stirring frequently, until they begin to brown.
- ☐ Pour seed and nuts into bowl with tomatoes.
- ☐ Return skillet to heat.
- ☐ Add 1 tablespoon of the oil, the onion, garlic and raisins; season with dash salt and pepper. Cook over medium heat 5 to 7 minutes or until onion is translucent and raisins are puffed.
- ☐ Add onion, garlic and raisins to tomatoes.

- ☐ Return skillet to heat.
- ☐ Add 1 tablespoon of the oil, the chipotle powder and chili powder; stir until oil and spices are well blended. Cook about 5 minutes or until powders begin to smoke and darken.
- ☐ Remove from heat.
- ☐ Add chocolate; stir until chocolate melts.
- ☐ Pour melted chocolate–spice mixture into tomato mixture.
- ☐ Add 1 teaspoon salt, 1/2 teaspoon pepper, the cinnamon, cloves, brown sugar and bread crumbs; stir until well combined.
- ☐ In blender, place tomato mixture and 1 cup of the chicken broth. Cover; blend at least 1 minute, gradually turning up to high speed. If sauce is not passing through blender blades smoothly, add more broth. Strain sauce to remove any sesame seed bits that didn't get blended completely. Set aside.
- ☐ In 10-inch skillet, heat remaining 1 tablespoon oil over medium–high heat.
- ☐ Add chicken; cook 7 to 10 minutes or until browned on both sides.
- ☐ Remove chicken from skillet; place on plate and set aside.
- ☐ Add strained sauce to same skillet. Stir in additional chicken broth, 1/2 cup at a time, until the consistency of whipping cream (1 1/2 to 2 cups). Taste sauce; adjust seasoning if needed.
- ☐ Heat sauce to boiling. Return chicken to skillet (chicken should be completely covered with sauce). Reduce heat to simmer; cook 15 to 20 minutes or until juice of chicken is clear when thickest part is cut (at least 165°F).
- ☐ Serve chicken and sauce garnished with cilantro and additional sesame seed.

Nutrition Facts



Properties

Glycemic Index:66.2, Glycemic Load:4.57, Inflammation Score:-10, Nutrition Score:42.304348023041%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 6.9mg, Catechin: 6.9mg, Catechin: 6.9mg, Catechin: 6.9mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 15.11mg, Epicatechin: 15.11mg, Epicatechin: 15.11mg, Epicatechin: 15.11mg

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 635.64kcal (31.78%), Fat: 34.04g (52.36%), Saturated Fat: 8.68g (54.28%), Carbohydrates: 36.44g (12.15%), Net Carbohydrates: 26.48g (9.63%), Sugar: 9.35g (10.39%), Cholesterol: 215.46mg (71.82%), Sodium: 1191.77mg (51.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.5mg (2.83%), Protein: 53.81g (107.62%), Vitamin A: 4647.36IU (92.95%), Vitamin B3: 17.61mg (88.07%), Selenium: 59.5µg (85%), Vitamin B6: 1.46mg (72.76%), Phosphorus: 642.73mg (64.27%), Manganese: 1.21mg (60.74%), Vitamin E: 8.34mg (55.58%), Copper: 1.05mg (52.68%), Iron: 8.51mg (47.29%), Vitamin B2: 0.72mg (42.32%), Vitamin K: 43.4µg (41.34%), Zinc: 6.05mg (40.33%), Fiber: 9.97g (39.86%), Magnesium: 154.15mg (38.54%), Potassium: 1257.97mg (35.94%), Vitamin B5: 2.98mg (29.79%), Vitamin B12: 1.62µg (27.04%), Vitamin B1: 0.4mg (26.7%), Calcium: 196.76mg (19.68%), Folate: 35.26µg (8.82%), Vitamin C: 2.72mg (3.3%)