

Mole Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



115 kcal

SAUCE

Ingredients

- 1 ounce ancho chile dried stemmed seeded
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons blanched almonds and
- 14.5 ounce canned tomatoes diced undrained canned
- 1.5 teaspoons chipotle chile powder
- 2 6-inch corn tortillas ()
- 2 cups less-sodium chicken broth fat-free divided
- 2 garlic cloves crushed

- 0.3 teaspoon ground cinnamon
- 2 tablespoons juice of lime fresh
- 1 teaspoon olive oil
- 1 cup onion chopped
- 6 tablespoons raisins
- 0.3 teaspoon salt
- 1 ounce chocolate unsweetened chopped
- 1 tablespoon cocoa unsweetened

Equipment

- frying pan
- sauce pan
- blender

Directions

- Tear chile into large pieces.
- Heat oil in a large saucepan over medium-high heat.
- Add chile pieces to pan; cook 2 minutes or until fragrant, turning pieces occasionally (do not burn).
- Place chile in a blender.
- Add almonds, garlic, and tortilla pieces to pan; saut 2 minutes or until almonds and garlic are lightly browned.
- Add almond mixture to blender.
- Add onion to pan; cook over medium heat 7 minutes or until lightly browned.
- Add raisins and chile powder to pan; cook 30 seconds. Stir in tomatoes; cook 3 minutes.
- Add tomato mixture, 1 1/2 cups broth, cocoa, juice, cinnamon, and chocolate to blender.
- Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Return tomato mixture to pan.

Add remaining 1/2 cup broth, salt, and pepper to pan; bring to a boil. Reduce heat, and simmer 5 minutes, stirring occasionally.

Wine note: The bold flavor of Mexican mole can be a wine-pairing challenge. The heat of chile peppers often makes red wines taste bitter or alcoholic. So try a slightly sweet white wine like Pacific Rim Sweet Riesling (\$11). With just 5 percent alcohol, intense tropical fruit and lime flavors, and generous sweetness, this thirst-quenching sipper cools the heat while cutting the rich sauce with good acidity. --Jeffery Lindenmuth

Nutrition Facts

 **PROTEIN 9.96%**  **FAT 27.51%**  **CARBS 62.53%**

Properties

Glycemic Index:26.81, Glycemic Load:6.7, Inflammation Score:-7, Nutrition Score:8.0586956117464%

Flavonoids

Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 115.04kcal (5.75%), Fat: 4.01g (6.17%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 20.52g (6.84%), Net Carbohydrates: 16.15g (5.87%), Sugar: 4.73g (5.26%), Cholesterol: 0mg (0%), Sodium: 342.39mg (14.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.8mg (1.27%), Protein: 3.27g (6.54%), Manganese: 0.41mg (20.28%), Vitamin A: 935.38IU (18.71%), Fiber: 4.37g (17.49%), Copper: 0.3mg (14.8%), Potassium: 383.87mg (10.97%), Iron: 1.95mg (10.82%), Magnesium: 40.94mg (10.24%), Vitamin C: 8.26mg (10.01%), Vitamin E: 1.3mg (8.69%), Phosphorus: 84.95mg (8.49%), Vitamin B6: 0.17mg (8.39%), Vitamin B3: 1.47mg (7.37%), Vitamin B2: 0.12mg (7.1%), Vitamin K: 6.63µg (6.31%), Vitamin B1: 0.08mg (5.11%), Zinc: 0.71mg (4.73%), Calcium: 42.19mg (4.22%), Folate: 14.53µg (3.63%), Selenium: 2.5µg (3.58%), Vitamin B5: 0.27mg (2.73%), Vitamin B12: 0.1µg (1.68%)