



Pan-Roasted Chicken with Mole Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 16 ounce chicken breast halves
- ☐ 8 ounces skin-on chicken drumsticks
- ☐ 12 ounce chicken thighs
- ☐ 1.3 cups warm mole sauce
- ☐ 0.3 teaspoon salt

Equipment

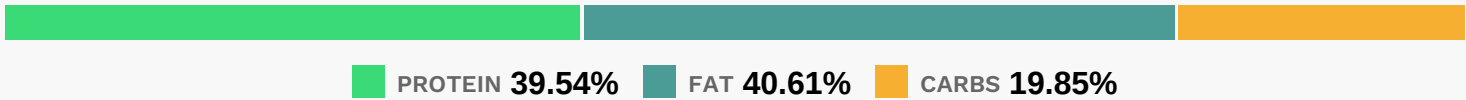
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Heat a large ovenproof nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken breasts to pan; cook 5 minutes, turning occasionally.
- ☐ Add chicken thighs and drumsticks to pan; cook 5 minutes, turning occasionally.
- ☐ Bake at 350 for 30 minutes or until done, turning halfway through cooking time.
- ☐ Spoon 1 tablespoon pan drippings into Mole Sauce.
- ☐ Serve sauce with chicken.
- ☐ Garnish with lime wedges and cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:18.87739125542%

Nutrients (% of daily need)

Calories: 472.77kcal (23.64%), Fat: 20.68g (31.81%), Saturated Fat: 5.39g (33.66%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 22.67g (8.24%), Sugar: 18.22g (20.24%), Cholesterol: 190.87mg (63.62%), Sodium: 1328.28mg (57.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.3g (90.61%), Vitamin B3: 17.62mg (88.09%), Selenium: 59.57µg (85.11%), Vitamin B6: 1.27mg (63.4%), Phosphorus: 435.97mg (43.6%), Vitamin B5: 2.88mg (28.76%), Potassium: 681.99mg (19.49%), Vitamin B2: 0.29mg (17.03%), Zinc: 2.45mg (16.36%), Vitamin B12: 0.98µg (16.33%), Magnesium: 53.67mg (13.42%), Vitamin B1: 0.17mg (11.1%), Iron: 1.25mg (6.97%), Copper: 0.1mg (5.03%), Manganese: 0.07mg (3.47%), Vitamin K: 3.37µg (3.21%), Vitamin E: 0.47mg (3.13%), Vitamin A: 119.2IU (2.38%), Folate: 8.27µg (2.07%), Calcium: 17.47mg (1.75%), Vitamin C: 1.36mg (1.65%), Vitamin D: 0.24µg (1.58%)