



Peanut Butter-Mole Sauce



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



63 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 large ancho chiles seeded
- ☐ 2 chipotle peppers in adobo sauce canned
- ☐ 0.8 cup creamy peanut butter
- ☐ 14 oz chicken broth fat-free reduced-sodium canned
- ☐ 0.3 tsp ground allspice
- ☐ 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- ☐ 2 tomatoes chopped
- ☐ 2 slices bread white

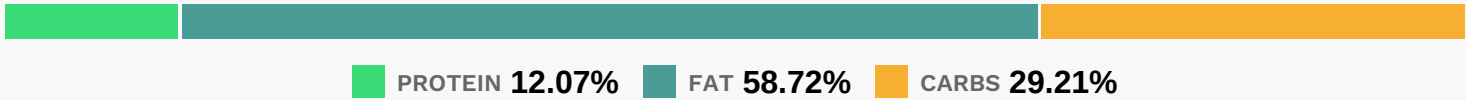
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Place ancho peppers in small bowl.
- ☐ Add enough hot water to cover peppers; let stand 20 min.
- ☐ Drain peppers; place in blender.
- ☐ Add remaining ingredients; blend until smooth.

Nutrition Facts



Properties

Glycemic Index:4.73, Glycemic Load:0.83, Inflammation Score:-5, Nutrition Score:3.2321739689164%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 62.68kcal (3.13%), Fat: 4.36g (6.7%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 4.88g (1.63%), Net Carbohydrates: 3.66g (1.33%), Sugar: 2.45g (2.72%), Cholesterol: 0mg (0%), Sodium: 131.18mg (5.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.03%), Vitamin A: 687.92IU (13.76%), Manganese: 0.14mg (6.8%), Vitamin B3: 1.27mg (6.34%), Vitamin E: 0.79mg (5.3%), Vitamin K: 5.39µg (5.13%), Fiber: 1.22g (4.88%), Magnesium: 14.66mg (3.66%), Phosphorus: 31.49mg (3.15%), Potassium: 108.82mg (3.11%), Vitamin B6: 0.06mg (3%), Vitamin B2: 0.05mg (2.87%), Folate: 9.95µg (2.49%), Vitamin C: 1.88mg (2.28%), Iron: 0.38mg (2.14%), Copper: 0.04mg (2.13%), Vitamin B1: 0.02mg (1.6%), Selenium: 1.1µg (1.58%), Zinc: 0.22mg (1.48%), Vitamin B5: 0.12mg (1.23%)