

Pollo Mole Verde



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups rice hot cooked
- ☐ 6 tablespoons pumpkinseed kernels raw unsalted shelled
- ☐ 1.3 cups less-sodium chicken broth fat-free divided
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 garlic clove
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cumin
- ☐ 0.5 small onion peeled

- ☐ 1 Dash pepper black freshly ground
- ☐ 2 large romaine lettuce leaves
- ☐ 0.3 teaspoon salt
- ☐ 1 small serrano chile
- ☐ 16 ounce chicken breast halves boneless skinless
- ☐ 2 tomatillos
- ☐ 0.5 teaspoon vegetable oil

Equipment

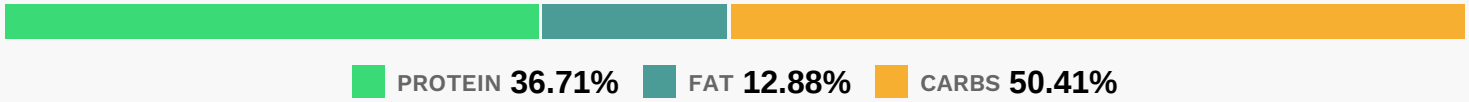
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ grill
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Heat a large, heavy skillet over medium heat; add pumpkinseeds. Cook 3 minutes or until lightly browned, shaking pan frequently.
- ☐ Remove from heat; cool completely.
- ☐ Place pumpkinseeds, salt, cumin, cinnamon, and black pepper in a spice or coffee grinder; process until finely ground.
- ☐ Place spice mixture in a small bowl; stir in 1/2 cup broth. Set aside.
- ☐ Heat skillet over medium-high heat; add tomatillos, chile, garlic, and onion. Cook 5 minutes or until browned, turning frequently.
- ☐ Remove from heat; cool. Quarter tomatillos. Trim root from onion half; discard root.

- ☐ Place tomatillos, chile, garlic, and onion in a blender or food processor; process until coarsely chopped.
- ☐ Add 1/4 cup broth, cilantro, and lettuce; process until smooth.
- ☐ Prepare grill.
- ☐ Heat 1/2 teaspoon oil in skillet over medium heat.
- ☐ Add pureed tomatillo mixture; reduce heat to low, and cook 5 minutes or until slightly thick, stirring occasionally. Stir in spice mixture and 1/4 cup broth; simmer 10 minutes, stirring frequently.
- ☐ Add 1/4 cup broth, stirring with a whisk.
- ☐ Remove from heat; keep warm.
- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or rolling pin.
- ☐ Place chicken on grill rack coated with cooking spray; grill 3 minutes on each side or until done. Top chicken with mole.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:36.12, Inflammation Score:-8, Nutrition Score:18.731739023457%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 319.39kcal (15.97%), Fat: 4.47g (6.88%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 39.37g (13.12%), Net Carbohydrates: 37.57g (13.66%), Sugar: 2.42g (2.69%), Cholesterol: 72.57mg (24.19%), Sodium: 615.75mg (26.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.68g (57.35%), Selenium: 47.17µg (67.39%), Vitamin B3: 13.32mg (66.6%), Vitamin B6: 1.03mg (51.28%), Manganese: 0.7mg (35.04%), Phosphorus: 322.65mg (32.27%), Vitamin A: 1304.94IU (26.1%), Vitamin B5: 2.31mg (23.07%), Potassium: 614.37mg (17.55%), Vitamin K: 17.93µg (17.07%), Magnesium: 54.39mg (13.6%), Vitamin B2: 0.18mg (10.8%), Folate: 39.34µg (9.84%), Zinc: 1.43mg (9.51%),

Vitamin B1: 0.13mg (8.92%), Copper: 0.16mg (8.12%), Fiber: 1.8g (7.21%), Vitamin C: 5.85mg (7.1%), Iron: 1.15mg (6.41%), Vitamin B12: 0.37µg (6.14%), Calcium: 31.84mg (3.18%), Vitamin E: 0.43mg (2.87%)