



Quick Carrot-Chicken Mole

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



35

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp ancho chile pepper powder
- 3 cups carrots peeled sliced
- 2 Tbsp creamy peanut butter
- 14.5 oz chicken broth fat-free reduced-sodium canned
- 2 Tbsp cilantro leaves fresh chopped
- 2 cloves garlic minced
- 0.1 tsp ground mexican cinnamon (canela)
- 1 Tbsp oil

- 0.5 cup onions chopped
- 0.3 cup planters roasted peanuts dry chopped
- 2 oz baker's semi-sweet chocolate chopped
- 1.5 lb chicken breasts boneless skinless

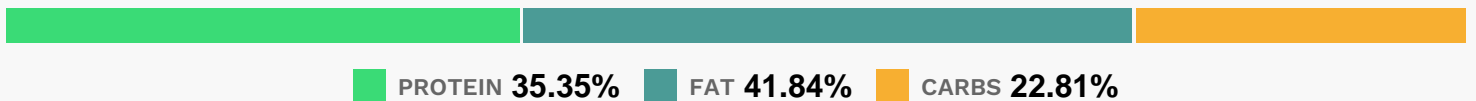
Equipment

- bowl
- frying pan

Directions

- Mix first 5 ingredients in medium bowl.
- Heat oil in large skillet on medium-high heat.
- Add chicken; cook 2 to 3 min. on each side or until browned on both sides.
- Add onions and garlic; cook 1 min.
- Add broth mixture; cook on medium heat 15 min., stirring frequently.
- Meanwhile, cook carrots in boiling water 15 min. or until fork-tender.
- Drain.
- Add carrots to mixture in skillet; simmer on low heat 5 min., stirring to coat carrots with sauce. Top with nuts and cilantro just before serving.

Nutrition Facts



Properties

Glycemic Index:4.42, Glycemic Load:0.43, Inflammation Score:-8, Nutrition Score:5.1604347436324%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 55.73kcal (2.79%), Fat: 2.62g (4.03%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 3.22g (1.07%), Net Carbohydrates: 2.36g (0.86%), Sugar: 1.73g (1.92%), Cholesterol: 12.54mg (4.18%), Sodium: 87.53mg (3.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.97%), Vitamin A: 2064.87IU (41.3%), Vitamin B3: 2.57mg (12.84%), Selenium: 6.83µg (9.76%), Vitamin B6: 0.18mg (9.19%), Phosphorus: 59.44mg (5.94%), Manganese: 0.09mg (4.58%), Potassium: 151.67mg (4.33%), Vitamin B5: 0.36mg (3.63%), Magnesium: 13.82mg (3.45%), Fiber: 0.86g (3.44%), Vitamin K: 2.89µg (2.75%), Vitamin B2: 0.04mg (2.58%), Vitamin E: 0.35mg (2.35%), Copper: 0.04mg (2.22%), Iron: 0.32mg (1.76%), Vitamin B1: 0.03mg (1.73%), Zinc: 0.25mg (1.68%), Vitamin C: 1.37mg (1.67%), Folate: 5.69µg (1.42%), Vitamin B12: 0.07µg (1.09%)