



Quick Chicken Mole

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

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

330 kcal

SIDE DISH

Ingredients

- ☐ 6 servings garnish: avocado and tomatoes sliced
- ☐ 0.3 teaspoon pepper black
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 1 teaspoon cinnamon
- ☐ 1.5 teaspoons cumin
- ☐ 3 ounces chocolate dark chopped
- ☐ 2 garlic cloves minced

- ☐ 4 ounce chiles diced green canned
- ☐ 1 medium onion finely chopped
- ☐ 6 servings rotisserie chicken cut
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon tahini
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat vegetable oil over medium heat in a large saucepan; add chopped onion, and cook for 3 minutes or until translucent.
- ☐ Add minced garlic, and cook for another minute. Stir in cumin, cinnamon, salt, and black pepper; cook for 1 minute. Stir in diced tomatoes and green chiles; simmer for 10 minutes. Stir in chopped chocolate and tahini until melted. Stir in cilantro; cool slightly. Process in a blender or food processor for 30 seconds or until smooth. (
- ☐ Add some water if sauce is too thick.) Spoon sauce over a rotisserie chicken.
- ☐ Garnish with sliced avocado and tomatoes; serve.

Nutrition Facts



Properties

Glycemic Index:38.67, Glycemic Load:5.08, Inflammation Score:-7, Nutrition Score:20.186086859392%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Isorhamnetin: 0.92mg,

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg 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: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 329.63kcal (16.48%), Fat: 24.1g (37.07%), Saturated Fat: 6.11g (38.17%), Carbohydrates: 28.32g (9.44%), Net Carbohydrates: 16.61g (6.04%), Sugar: 10.69g (11.88%), Cholesterol: 1.39mg (0.46%), Sodium: 458.88mg (19.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.34mg (3.78%), Protein: 6.21g (12.42%), Fiber: 11.7g (46.82%), Manganese: 0.79mg (39.34%), Vitamin C: 30.41mg (36.86%), Copper: 0.71mg (35.64%), Vitamin K: 33.78µg (32.17%), Potassium: 1041.81mg (29.77%), Folate: 112.86µg (28.22%), Vitamin E: 4.02mg (26.83%), Vitamin B6: 0.52mg (26.11%), Iron: 4.67mg (25.95%), Magnesium: 93.6mg (23.4%), Vitamin B3: 3.73mg (18.64%), Vitamin B5: 1.86mg (18.63%), Phosphorus: 156.37mg (15.64%), Vitamin B1: 0.2mg (13.33%), Vitamin B2: 0.22mg (13.21%), Zinc: 1.6mg (10.64%), Vitamin A: 473.08IU (9.46%), Calcium: 89.86mg (8.99%), Selenium: 2.78µg (3.97%)