



Quick Chicken Peanut Mole with Cilantro Rice

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



684 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon baking cocoa
- 14.5 ounce canned tomatoes diced green canned
- 14 ounce chicken broth canned
- 2 pounds chicken breasts and thighs boneless skinless cut into 1/2-inch strips
- 1 teaspoon chili powder to taste
- 0.3 cup creamy peanut butter jif®
- 2 tablespoons cilantro leaves fresh chopped
- 1 teaspoon garlic chopped

- 0.3 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 4 cups rice instant
- 1 cup onion chopped
- 0.5 cup smucker's® orange marmalade sweet sugar free
- 1 teaspoon salt
- 4 cups water

Equipment

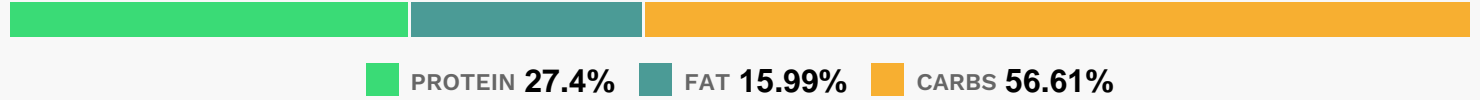
- frying pan
- sauce pan
- blender

Directions

- Chicken Peanut More: Spray a large skillet with no-stick cooking spray.
- Heat over medium-high heat.
- Add chicken. Cook chicken until golden brown on all sides and cooked through.
- Remove chicken from skillet.
- Spray skillet again with no-stick cooking spray.
- Add onion. Cook until softened.
- Add garlic. Cook an additional minute. Stir in broth, tomatoes, chili powder, peanut butter, cocoa and cinnamon. Bring to a boil. Reduce heat to a simmer. NOTE: Sauce may be pureed in the blender until smooth, if desired.
- Place chicken in sauce, combining gently. Cook, uncovered, 5 minutes to combine flavors.
- Serve over Cilantro Rice.
- Sprinkle with additional chopped cilantro, if desired.
- Cilantro Rice: Bring water to boil in a 3-quart saucepan.
- Add rice, cumin and salt.
- Let stand 5 minutes or until water is absorbed.

- Add marmalade and cilantro.
- Combine ingredients with fork.

Nutrition Facts



Properties

Glycemic Index:26.52, Glycemic Load:46.22, Inflammation Score:-6, Nutrition Score:25.632173719613%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 684.26kcal (34.21%), Fat: 12.03g (18.51%), Saturated Fat: 2.83g (17.69%), Carbohydrates: 95.85g (31.95%), Net Carbohydrates: 92.41g (33.6%), Sugar: 16.11g (17.9%), Cholesterol: 97.38mg (32.46%), Sodium: 791.08mg (34.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.39g (92.77%), Selenium: 60.45µg (86.36%), Vitamin B3: 16.29mg (81.45%), Manganese: 1.32mg (66.02%), Vitamin B6: 1.25mg (62.4%), Phosphorus: 478.04mg (47.8%), Vitamin B5: 2.82mg (28.17%), Potassium: 855.68mg (24.45%), Magnesium: 94.09mg (23.52%), Copper: 0.46mg (23.08%), Zinc: 3.38mg (22.5%), Iron: 3mg (16.64%), Vitamin B2: 0.27mg (15.65%), Fiber: 3.43g (13.74%), Vitamin B1: 0.2mg (13.38%), Vitamin E: 1.98mg (13.18%), Vitamin B12: 0.72µg (12.05%), Vitamin C: 8.7mg (10.54%), Folate: 32.51µg (8.13%), Calcium: 81.19mg (8.12%), Vitamin A: 329.37IU (6.59%), Vitamin K: 4.92µg (4.68%), Vitamin D: 0.16µg (1.09%)