



Quick Mexican Pork Mole

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 oz baker's chocolate unsweetened finely chopped
- 0.5 cup original barbecue sauce kraft
- 2 cups rice hot cooked
- 0.5 tsp pepper red crushed
- 1 clove garlic minced
- 1 Tbsp oil
- 0.5 cup onion chopped
- 1 lb chicken breasts boneless skinless cut into bite-sized pieces

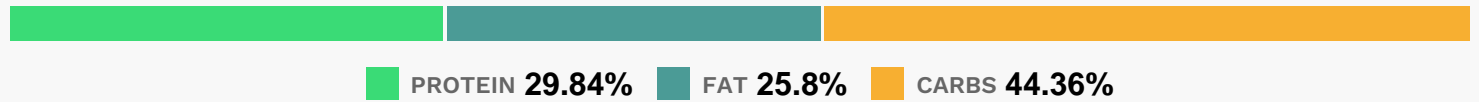
Equipment

- frying pan

Directions

- Cook and stir onion and garlic in hot oil in large skillet on medium heat until tender. Increase heat to high.
- Add pork; cook and stir 5 min. or until pork is golden brown on all sides.
- Add 1/2 cup water, barbecue sauce, chocolate and crushed red pepper; mix well. Bring to a boil; cover. Reduce heat to medium-low; simmer 10 min. or until pork is cooked through, stirring occasionally.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:24.4, Inflammation Score:-5, Nutrition Score:17.401738996091%

Flavonoids

Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 369.73kcal (18.49%), Fat: 10.65g (16.39%), Saturated Fat: 3.29g (20.53%), Carbohydrates: 41.2g (13.73%), Net Carbohydrates: 38.94g (14.16%), Sugar: 12.85g (14.27%), Cholesterol: 72.57mg (24.19%), Sodium: 507.29mg (22.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.67mg (1.89%), Protein: 27.71g (55.42%), Vitamin B3: 12.51mg (62.55%), Selenium: 43.51µg (62.16%), Vitamin B6: 0.99mg (49.5%), Manganese: 0.77mg (38.64%), Phosphorus: 315.3mg (31.53%), Vitamin B5: 2.03mg (20.26%), Potassium: 626.07mg (17.89%), Copper: 0.35mg (17.63%), Magnesium: 69.35mg (17.34%), Zinc: 1.84mg (12.28%), Iron: 2.14mg (11.88%), Vitamin B2: 0.16mg (9.37%), Fiber: 2.26g (9.03%), Vitamin E: 1.27mg (8.49%), Vitamin B1: 0.12mg (7.89%), Vitamin K: 4.41µg (4.2%), Vitamin C: 3.29mg (3.99%), Calcium: 39.31mg (3.93%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 188.69IU (3.77%), Folate: 13.5µg (3.37%)