

## Red Mole

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

READY IN



45 min.

SERVINGS



4

CALORIES



866 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon allspice
- 8 ancho chili pepper
- 1 tablespoon achiote seeds
- 3.8 ounces bittersweet chocolate finely chopped
- 1.5 teaspoons peppercorns black
- 2 cups chicken stock see
- 3 chipotles in adobo canned
- 1 cinnamon sticks

- 4 servings kosher salt to taste
- 0.3 cup roasted garlic pure
- 0.3 cup vegetable oil; peanut oil preferred
- 1 cup peanuts
- 1 over-ripe plantain ripe peeled halved lengthwise
- 1 tablespoon sherry vinegar spanish
- 3 large tomatoes ripe

## Equipment

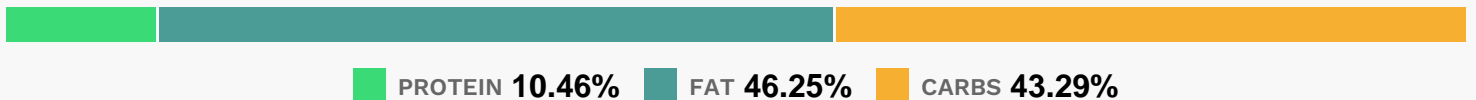
- food processor
- frying pan
- baking sheet
- paper towels
- baking paper
- oven
- pot
- blender

## Directions

- Preheat the oven to 400 degrees.
- Slice the tomatoes crosswise in half. Using a small spoon or your fingers, scrape out the seeds.
- Place the tomatoes cut side down on a baking sheet lined with parchment paper (this keeps the acidic tomatoes from reacting with the pan) and roast for about 20 minutes.
- Let cool slightly, then remove and discard the skins and cores. Reserve.
- Meanwhile, also roast the peanuts on a baking sheet for 10 to 12 minutes.
- Let cool, then coarsely grind in a food processor. Set aside.
- Toast the anchos in a small skillet over medium heat. Soak in hot water to soften, about 20 minutes.

- Drain, and remove the seeds and stems. Reserve.
- Heat the canola oil in a medium skillet over high heat.
- Add the plantain slices and sauté until well browned and caramelized.
- Remove from the skillet and drain on paper towels.
- In a dry skillet, toast the annatto, allspice, cloves, and peppercorns until fragrant.
- Let cool, then combine with the canela in a spice grinder and grind to a fine powder.
- In a blender, puree the anchos and chipotles until smooth.
- Add the plantains, ground spices, and tomatoes and puree. Reserve.
- Pour the garlic oil into a medium pot and heat over medium-high heat. When the oil is very hot, add the puree and simmer for 10 minutes, stirring frequently.
- Add the peanuts and simmer for another 2 minutes.
- Add the chocolate and let it melt. Stir in the vinegar and chicken stock and cook for another 5 minutes. Season with salt. Refrigerated, this keeps for 1 month.
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## Nutrition Facts



### Properties

Glycemic Index:33.56, Glycemic Load:3.13, Inflammation Score:-10, Nutrition Score:48.304782859657%

### Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

### Nutrients (% of daily need)

Calories: 866.44kcal (43.32%), Fat: 48g (73.84%), Saturated Fat: 12g (75%), Carbohydrates: 101.09g (33.7%), Net Carbohydrates: 70.38g (25.59%), Sugar: 52.71g (58.57%), Cholesterol: 5.19mg (1.73%), Sodium: 452.5mg (19.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 22.86mg (7.62%), Protein: 24.42g (48.84%), Vitamin A: 20223.85IU (404.48%), Manganese: 2.72mg (135.85%), Fiber: 30.71g (122.82%), Vitamin K: 104.83µg (99.83%),

Vitamin B3: 15.27mg (76.36%), Potassium: 2489.61mg (71.13%), Vitamin C: 53.43mg (64.76%), Vitamin B2: 1.08mg (63.8%), Vitamin B6: 1.14mg (57.21%), Magnesium: 221.62mg (55.4%), Copper: 1.07mg (53.36%), Iron: 9.04mg (50.24%), Phosphorus: 424.29mg (42.43%), Folate: 160.92µg (40.23%), Vitamin E: 5.29mg (35.29%), Vitamin B1: 0.46mg (30.55%), Zinc: 2.86mg (19.1%), Selenium: 12.39µg (17.7%), Vitamin B5: 1.74mg (17.44%), Calcium: 153.76mg (15.38%)