



Slow Cooker Chicken Mole



Gluten Free



Dairy Free

READY IN



315 min.

SERVINGS



6

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 4 teaspoons chili powder
- ☐ 1 chipotle chile in adobo sauce canned finely chopped
- ☐ 3 cloves garlic chopped
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 0.1 teaspoon ground nutmeg

- ☐ 1 large onion chopped
- ☐ 3 tablespoons peanut butter
- ☐ 0.5 cup raisins
- ☐ 1.5 pounds chicken breasts boneless skinless
- ☐ 1 teaspoon sugar
- ☐ 3 tablespoons cocoa powder unsweetened

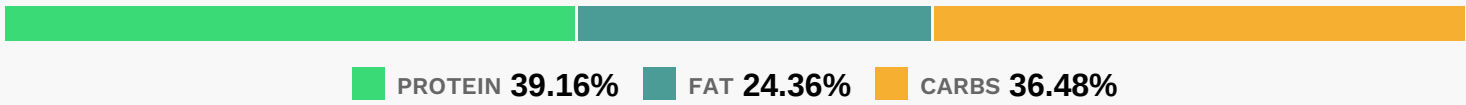
Equipment

- ☐ slow cooker

Directions

- ☐ Place onion, raisins, garlic, sesame seeds, chipotle pepper, peanut butter and crushed tomatoes in slow cooker. Stir in sugar, cinnamon, chili powder, cumin, coriander, nutmeg, and cocoa powder.
- ☐ Place chicken in the sauce.
- ☐ Cover; cook on Low until chicken is very tender, about 5 hours.

Nutrition Facts



Properties

Glycemic Index:52.98, Glycemic Load:9.14, Inflammation Score:-7, Nutrition Score:22.821739238241%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg

Nutrients (% of daily need)

Calories: 283.85kcal (14.19%), Fat: 8.15g (12.54%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 27.46g (9.15%), Net Carbohydrates: 21.36g (7.77%), Sugar: 8.73g (9.7%), Cholesterol: 72.57mg (24.19%), Sodium: 368.21mg (16.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.75mg (1.92%), Protein: 29.48g (58.97%), Vitamin B3: 14.92mg

(74.58%), Vitamin B6: 1.19mg (59.38%), Selenium: 38.53µg (55.04%), Phosphorus: 351.2mg (35.12%), Manganese: 0.66mg (32.92%), Potassium: 1068.2mg (30.52%), Fiber: 6.11g (24.42%), Copper: 0.47mg (23.56%), Magnesium: 92.47mg (23.12%), Vitamin B5: 2.13mg (21.33%), Vitamin E: 3.13mg (20.89%), Vitamin C: 16.59mg (20.1%), Iron: 3.58mg (19.92%), Vitamin B2: 0.25mg (14.6%), Vitamin B1: 0.22mg (14.59%), Vitamin A: 719.81IU (14.4%), Zinc: 1.56mg (10.39%), Folate: 35.03µg (8.76%), Vitamin K: 8.98µg (8.55%), Calcium: 81.73mg (8.17%), Vitamin B12: 0.23µg (3.78%)