



Smokey Turkey Almond Mole

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup roasted almonds
- 2 anaheim chiles dried stemmed seeded chopped
- 7 ounce chipotle chiles in adobo sauce canned
- 2 6-inch corn tortillas ()
- 1.5 cups fire-roasted tomatoes crushed (such as Muir Glen)
- 1 garlic clove crushed
- 0.1 teaspoon ground cloves
- 0.5 teaspoon ground cumin

- 1 cup onion chopped
- 0.3 teaspoon salt
- 1 tablespoon sugar
- 3 cups turkey breast cooked chopped
- 14.5 ounce vegetable broth canned
- 0.5 teaspoon vegetable oil
- 1 tablespoon citrus champagne vinegar

Equipment

- food processor
- bowl
- frying pan

Directions

- Place almonds in a food processor; process until smooth (about 2 1/2 minutes), scraping sides of bowl once. Set aside.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add Anaheim chiles; saut 1 minute or until softened.
- Add onion and garlic; saute 4 minutes or until onion is lightly browned.
- Remove 1 chipotle chile from can; cut chipotle chile in half.
- Add 1 chile half to onion mixture. Reserve remaining chiles and adobo sauce for another use.
- Add tomatoes and next 6 ingredients (tomatoes through broth); bring to a boil. Reduce heat; simmer 15 minutes, stirring occasionally.
- Spoon mixture into food processor; process until smooth. Return mixture to pan; stir in almond butter and vinegar; cook 1 minute. Stir in turkey.
- Garnish with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:59.4, Glycemic Load:6.26, Inflammation Score:-8, Nutrition Score:26.306956420774%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 414.71kcal (20.74%), Fat: 12.92g (19.87%), Saturated Fat: 1.36g (8.5%), Carbohydrates: 32.74g (10.91%), Net Carbohydrates: 22.31g (8.11%), Sugar: 13.05g (14.5%), Cholesterol: 95.82mg (31.94%), Sodium: 1174.5mg (51.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.04g (88.08%), Vitamin B3: 18.52mg (92.58%), Vitamin B6: 1.49mg (74.34%), Selenium: 42.15µg (60.21%), Phosphorus: 559.92mg (55.99%), Fiber: 10.43g (41.73%), Vitamin E: 4.79mg (31.92%), Manganese: 0.58mg (28.78%), Vitamin B2: 0.48mg (28.39%), Magnesium: 107.4mg (26.85%), Iron: 3.79mg (21.05%), Zinc: 3.13mg (20.84%), Potassium: 652.68mg (18.65%), Vitamin B12: 1.12µg (18.63%), Copper: 0.32mg (15.87%), Vitamin B5: 1.53mg (15.27%), Vitamin A: 651.44IU (13.03%), Calcium: 126.33mg (12.63%), Vitamin C: 8.35mg (10.12%), Vitamin B1: 0.13mg (8.6%), Folate: 28.6µg (7.15%), Vitamin K: 1.31µg (1.25%), Vitamin D: 0.18µg (1.18%)