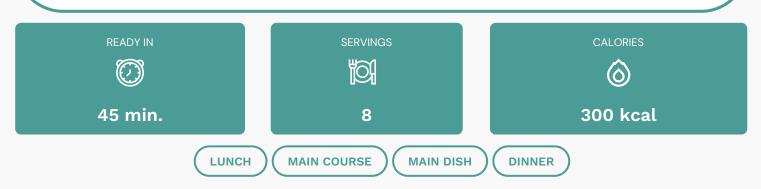


Spicy Grilled Chicken with Creamy Pumpkin Mole Sauce



Ingredients

2 large afficito crilli pepper dried sterriffed seeded
O.5 inch bread white trimmed
4 chipotles in adobo canned
0.8 cup tomatoes diced canned drained
1 cup pumpkin puree pure canned
8 servings cilantro leaves fresh
2 teaspoons t brown sugar dark
2 garlic clove peeled

	8 servings lime wedges
	3.5 cups chicken broth
	3 inch onion white separated (1/)
	8 chicken breast halves boneless skinless
	4.5 tablespoons vegetable oil
	0.3 cup whipping cream
Εq	uipment
	bowl
	whisk
	pot
	sieve
	potato masher
	grill
Directions	
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	Add 1/2 cup broth and 2 chipotle chiles. Puree until smooth.	
	Add 1 tablespoon oil to reserved pot.	
	Heat over medium-high heat.	
	Add ancho chile puree; cook until puree thickens and darkens, stirring often, about 11/2 minutes.	
	Add tomato puree. Simmer until thick, stirring often, about 4 minutes.	
	Whisk in pumpkin and 3 cups broth. Bring to boil. Reduce heat to medium-low. Simmer until mole thickens and reduces to 3 1/3 cups, about 30 minutes.	
	Whisk in cream and sugar. Season to taste with salt.	
	Puree 2 tablespoons oil and 2 chipotle chiles in small processor or force through sieve to make thick glaze.	
	Transfer to bowl. (Mole and glaze can be made 3 days ahead. Cover separately and chill.)	
	Prepare barbecue (medium-high heat). Rewarm mole.	
	Spread chipotle glaze thinly over both sides of chicken breasts.	
	Sprinkle chicken generously with salt. Grill until cooked through, about 5 minutes per side.	
	Transfer chicken to plates. Spoon mole over each. Crumble reserved ancho chile piece; sprinkle over chicken.	
	Garnish with cilantro sprigs and lime.	
	*Dried ancho chiles and chipotle chiles canned in a spicy tomato sauce, sometimes called adobo, are available at Latin American markets, specialty foods stores, and some supermarkets.	
Nutrition Facts		
	PROTEIN 2C E40/ FAT 4E 4E0/ 01000 40 040/	
	PROTEIN 36.51% FAT 45.45% CARBS 18.04%	
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Properties

Glycemic Index:22.46, Glycemic Load:0.15, Inflammation Score:-10, Nutrition Score:21.683913210164%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg,

Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.

Nutrients (% of daily need)

Calories: 300.33kcal (15.02%), Fat: 15.41g (23.71%), Saturated Fat: 4.4g (27.47%), Carbohydrates: 13.76g (4.59%), Net Carbohydrates: 9.32g (3.39%), Sugar: 7.11g (7.9%), Cholesterol: 83.53mg (27.84%), Sodium: 207.74mg (9.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.86g (55.72%), Vitamin A: 7297.58IU (145.95%), Vitamin B3: 14.26mg (71.29%), Selenium: 37.08µg (52.98%), Vitamin B6: 0.98mg (49.24%), Phosphorus: 304.83mg (30.48%), Vitamin K: 29.97µg (28.54%), Potassium: 792.82mg (22.65%), Vitamin B5: 1.88mg (18.79%), Fiber: 4.44g (17.77%), Vitamin B2: 0.3mg (17.58%), Magnesium: 48.85mg (12.21%), Iron: 2.03mg (11.3%), Vitamin E: 1.69mg (11.27%), Vitamin C: 8.16mg (9.9%), Manganese: 0.17mg (8.43%), Copper: 0.16mg (7.83%), Vitamin B1: 0.1mg (6.79%), Zinc: 0.97mg (6.46%), Vitamin B12: 0.35µg (5.75%), Folate: 15.34µg (3.84%), Calcium: 38.2mg (3.82%), Vitamin D: 0.27µg (1.81%)