



Spicy Grilled Chicken with Creamy Pumpkin Mole Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large ancho chili pepper dried stemmed seeded
- ☐ 0.5 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

Equipment

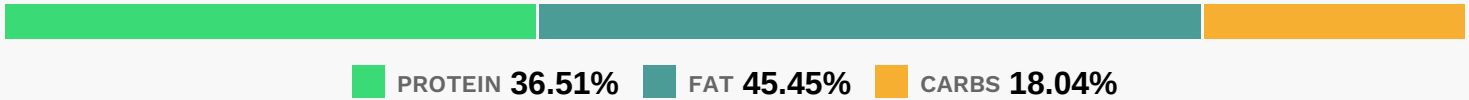
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ potato masher
- ☐ grill

Directions

- ☐ Heat heavy large pot over medium heat.
- ☐ Add chile pieces; toast until aromatic and lighter in color around edges, pressing with potato masher or back of fork and turning pieces, about 2 minutes. Set aside one 2-inch piece of chile for garnish; transfer remaining pieces to medium bowl. Cover chiles in bowl with hot water; soak until soft, about 30 minutes.
- ☐ In same large pot, heat 1 1/2 tablespoons oil over medium-high heat.
- ☐ Add onion rings and garlic. Sauté until brown, about 4 minutes.
- ☐ Transfer to processor, leaving oil in pot.
- ☐ Add bread slice to pot; cook until golden, about 30 seconds per side.
- ☐ Transfer bread to processor (reserve pot).
- ☐ Add tomatoes to processor. Puree mixture until smooth.
- ☐ Transfer tomato puree to small bowl (do not clean processor).
- ☐ Drain ancho chiles and place in processor.

- ☐ 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 1 1/2 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



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

Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

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%)