



Spicy Mole Poblano

 Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



621 kcal

SAUCE

Ingredients

- ☐ 14 oz tomatoes diced undrained canned
- ☐ 42 oz chicken broth canned
- ☐ 1 slice crusty baguette french cut in half lengthwise (4 inches long)
- ☐ 8.3 oz sauce
- ☐ 15 oz nopales rinsed drained
- ☐ 0.3 cup olive oil
- ☐ 1.5 lb potatoes – remove skin red peeled (12 small potatoes)
- ☐ 3 cups rice long-grain white

- ☐ 2 lb rotisserie chicken cut shredded (3 cups)
- ☐ 2 tablespoons sesame seed
- ☐ 6 cups water
- ☐ 2 cloves garlic clove whole peeled

Equipment

- ☐ sauce pan
- ☐ blender
- ☐ dutch oven

Directions

- ☐ In 4-quart Dutch oven, heat 2 tablespoons of the oil over medium-high heat.
- ☐ Add baguette halves; cook until golden brown on one side. Turn; cook until golden brown on other side. Stir in garlic. Cook 2 to 3 minutes, stirring constantly, until garlic is light golden brown. Set bread halves aside.
- ☐ In same Dutch oven, heat remaining 2 tablespoons oil over very low heat.
- ☐ Meanwhile, make mole mixture in 2 batches. In blender, place 1 baguette half, 1 clove garlic, half each of the mole sauce, chicken broth and tomatoes. Cover; blend on high speed about 45 seconds or until smooth.
- ☐ Add mixture to Dutch oven. Repeat with the remaining baguette half, garlic, mole sauce, chicken broth and tomatoes.
- ☐ Stir in potatoes and nopales.
- ☐ Heat to boiling. Stir in chicken. Reduce heat to low; simmer 30 to 45 minutes or until potatoes are tender.
- ☐ Meanwhile, in 3-quart saucepan, heat rice and water to boiling. Reduce heat; cover and simmer 20 minutes.
- ☐ Remove from heat; let stand about 5 minutes or until liquid is absorbed. Fluff rice with fork.
- ☐ Sprinkle mole mixture with salt.
- ☐ Serve mole mixture over rice; sprinkle with sesame seed.

Nutrition Facts



 **PROTEIN 33.74%**  **FAT 29.27%**  **CARBS 36.99%**

Properties

Glycemic Index:17.08, Glycemic Load:23.27, Inflammation Score:-5, Nutrition Score:15.407391327879%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 621.31kcal (31.07%), Fat: 19.93g (30.66%), Saturated Fat: 4.72g (29.48%), Carbohydrates: 56.68g (18.89%), Net Carbohydrates: 53.78g (19.56%), Sugar: 6.63g (7.37%), Cholesterol: 122.19mg (40.73%), Sodium: 1064.44mg (46.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.68g (103.37%), Manganese: 0.82mg (41.2%), Selenium: 26.79µg (38.28%), Phosphorus: 263.22mg (26.32%), Zinc: 3.45mg (22.99%), Vitamin B6: 0.44mg (22.09%), Vitamin B3: 4.34mg (21.69%), Potassium: 627.83mg (17.94%), Magnesium: 71.64mg (17.91%), Copper: 0.35mg (17.33%), Vitamin B12: 0.99µg (16.54%), Iron: 2.92mg (16.24%), Vitamin C: 11.4mg (13.82%), Calcium: 121.18mg (12.12%), Fiber: 2.9g (11.6%), Vitamin B2: 0.18mg (10.86%), Vitamin K: 9.61µg (9.15%), Vitamin E: 1.26mg (8.39%), Vitamin B1: 0.12mg (8.3%), Vitamin A: 380.4IU (7.61%), Vitamin B5: 0.74mg (7.39%), Folate: 23.76µg (5.94%)