

# Tofu Mole Enchiladas

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 pepper flakes stemmed seeded
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- 16 corn tortillas
- 0.3 cup cilantro leaves fresh
- 8 garlic clove unpeeled
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground cumin

- 0.3 cup juice of lime fresh
- 2 cups onion chopped
- 1 teaspoon oregano dried
- 0.5 cup raisins
- 0.5 teaspoon salt
- 1.5 tablespoons sesame seed divided toasted
- 3 tablespoons slivered almonds toasted
- 1 tablespoon sugar
- 24 ounces spicy tofu smoked cut into 1/2-inch pieces
- 3 large tomatoes
- 2 tablespoons cocoa powder unsweetened
- 3 cups vegetable stock divided
- 2 teaspoons vegetable oil
- 2 cups water boiling
- 2 slices sandwich bread white toasted

## Equipment

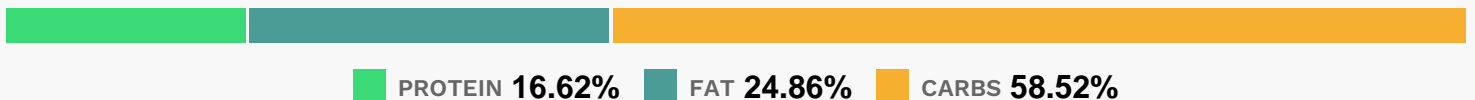
- food processor
- bowl
- frying pan
- sieve
- spatula

## Directions

- Tortillas should be six inch size. Use cast iron.
- Heat skillet over med heat and add garlic and tomatoes. Cook 15 minutes turning frequently or until tomatoes are blackened.
- Remove and cool slightly. Peel garlic. peel and core tomatoes.

- Place them and almonds and 1 tbsp seeds in food processor and make smooth mix. Set aside. Wipe out pan.
- Heat again over med high and add 2 ancho chilies to it flattening them with spatula. Cook until blackened on both sides. [flip em] Repeat with rest. Now do the same with gaujillo chilies.
- Combine them with the boiling water in a medium bowl; let stand 30 minutes. Strain chiles through a sieve into a bowl, reserving 1/3 cup soaking liquid.
- Place the chiles, reserved liquid, garlic, oregano, cumin, and cloves in food processor; process until smooth.
- Heat oil in pan over medium-high heat.
- Add onion; saut 8 minutes or until browned.
- Place onion, 1 cup broth, cilantro, cocoa, cinnamon, and bread in food processor; process until smooth. Return onion mixture to pan.
- Add chile mixture; cook over medium heat 5 minutes. Stir in tomato mixture and 2 cups broth. Cook 30 minutes or until mixture is slightly thick. Stir in raisins, juice, sugar, and salt. Stir in tofu, and simmer 20 minutes.
- Heat tortillas according to package. Arrange about 1/3 cup mole down the center of each tortilla; roll up.
- Place rolled tortillas, seam-side down, on a platter. Top with any remaining mole, and sprinkle evenly with 1 1/2 teaspoons sesame seeds.

## Nutrition Facts



## Properties

Glycemic Index:73.9, Glycemic Load:21.2, Inflammation Score:-9, Nutrition Score:19.513478330944%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.1mg, Isorhamnetin: 2.1mg, Isorhamnetin: 2.1mg, Isorhamnetin: 2.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg

Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg

## Nutrients (% of daily need)

Calories: 336.16kcal (16.81%), Fat: 9.86g (15.17%), Saturated Fat: 1.31g (8.22%), Carbohydrates: 52.21g (17.4%), Net Carbohydrates: 43.9g (15.96%), Sugar: 9.54g (10.6%), Cholesterol: 0mg (0%), Sodium: 570.84mg (24.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.83g (29.65%), Vitamin C: 80.82mg (97.97%), Manganese: 0.75mg (37.25%), Fiber: 8.31g (33.25%), Phosphorus: 268.14mg (26.81%), Vitamin B6: 0.53mg (26.49%), Vitamin A: 1230.8IU (24.62%), Calcium: 228.3mg (22.83%), Magnesium: 88.78mg (22.2%), Iron: 3.63mg (20.16%), Copper: 0.4mg (20.07%), Potassium: 627.46mg (17.93%), Vitamin K: 17.3µg (16.48%), Vitamin E: 1.99mg (13.29%), Vitamin B1: 0.2mg (13.13%), Vitamin B3: 2.48mg (12.39%), Vitamin B2: 0.18mg (10.86%), Folate: 43.29µg (10.82%), Zinc: 1.44mg (9.59%), Selenium: 6.42µg (9.18%), Vitamin B5: 0.35mg (3.49%)