



Turkey Mole



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounce chocolate baking squares dark unsweetened
- ☐ 4 cups chicken broth
- ☐ 1 tablespoon creamy peanut butter
- ☐ 10 ounce enchilada sauce canned
- ☐ 1 mole sauce canned
- ☐ 6 servings garnishes: lime wedges
- ☐ 0.5 teaspoon salt
- ☐ 5 cups turkey shredded cooked

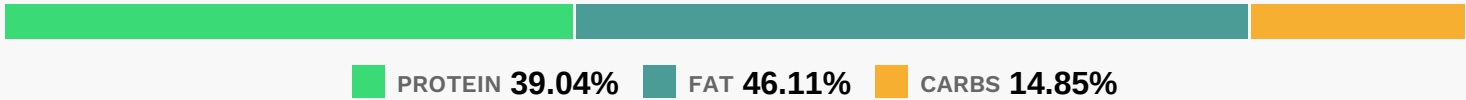
Equipment

- ☐ sauce pan

Directions

- ☐ Stir together mole and enchilada sauces in a medium saucepan, and add chicken broth. Bring mixture to a boil; reduce heat, and simmer 5 minutes.
- ☐ Stir in peanut butter and chocolate until melted and smooth. Stir in turkey and salt; cook until thoroughly heated.
- ☐ Note: Turkey Mole may also be spooned into taco shells or rolled into tortillas. Canned mole sauce may be found in the Mexican foods section of large supermarkets.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:0.09, Inflammation Score:-5, Nutrition Score:12.466956605082%

Flavonoids

Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 208.86kcal (10.44%), Fat: 11.31g (17.4%), Saturated Fat: 4.56g (28.48%), Carbohydrates: 8.19g (2.73%), Net Carbohydrates: 5.66g (2.06%), Sugar: 4.3g (4.77%), Cholesterol: 62.77mg (20.92%), Sodium: 1293.18mg (56.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.56mg (2.52%), Protein: 21.54g (43.09%), Vitamin B3: 7.15mg (35.74%), Selenium: 19.15µg (27.36%), Manganese: 0.52mg (25.77%), Vitamin B6: 0.51mg (25.55%), Phosphorus: 204.87mg (20.49%), Copper: 0.4mg (20.24%), Vitamin B12: 1.04µg (17.36%), Zinc: 2.56mg (17.09%), Iron: 2.8mg (15.58%), Vitamin B2: 0.26mg (15.32%), Magnesium: 57.75mg (14.44%), Fiber: 2.53g (10.11%), Potassium: 308.28mg (8.81%), Vitamin B5: 0.73mg (7.32%), Vitamin A: 365.17IU (7.3%), Vitamin B1: 0.09mg (6.04%), Vitamin E: 0.42mg (2.8%), Folate: 10.82µg (2.7%), Calcium: 26.68mg (2.67%), Vitamin D: 0.25µg (1.66%), Vitamin C: 1.24mg (1.5%)