

Thick Green Chile Sauce (Mole Pipian Verde)

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-new-mexican-green-chile-sauce-recipe>

Ingredients:

- 9/16 pound squash seeds
- 2 1/8 cups chicken broth or water
- 8 tomatillos
- 1 onion chopped
- 2 cloves garlic
- 3 serrano peppers may substitute jalapeno peppers
- salt
- ground black pepper
- 1 bunch parsley
- 1 bunch cilantro
- 1 piece seasoned
- 1 1/3 pounds chicken breast

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 95 milligrams
4. Fat: 7 grams
5. Fiber: 3 grams
6. Protein: 36 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 420 milligrams
9. Sugar: 4 grams

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