

# Chicken Mole

Yield: 2 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-beef-mole-recipe>

## Ingredients:

- 1 cup mole sauce
- 1/2 cup chicken stock
- 2 chicken breasts small, boneless and skinless
- 1 handful cilantro

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 75 milligrams
4. Fat: 4 grams
5. Protein: 27 grams
6. SaturatedFat: 1 grams
7. Sodium: 230 milligrams
8. Sugar: 1 grams

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