

# Mexican Mole | Weight Watchers

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-mole-recipe-without-chocolate>

## Ingredients:

- 1 tablespoon olive oil
- 4 chicken breasts medium, skinless & boneless
- 1 pinch salt & pepper
- 1 medium onion finely chopped
- 2 cloves garlic finely chopped
- 3/4 teaspoon chipotle paste
- 1 teaspoon ground cumin
- 3/4 teaspoon ground cinnamon
- 1 teaspoon cocoa powder
- 1 can chopped tomatoes 1 x 15oz can
- 2 cans kidney beans 2 x 15oz can - drained and rinsed

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 18 grams
3. Fat: 6 grams
4. Fiber: 2 grams
5. Protein: 12 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 95 milligrams
8. Sugar: 4 grams

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