

# Enchiladas de Mole Doña Maria

Yield: 4 min  
Total Time: 105 min

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

## Ingredients:

- 1 bone in chicken breast Kilo
- 1/2 onion medium, halved
- 1 clove garlic
- cilantro
- 4 cups chicken broth
- queso fresco crumbled
- 1/2 onion medium, chopped
- corn tortillas
- vegetable oil for frying
- sesame seeds optional

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 45 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 22 grams
7. SaturatedFat: 1 grams
8. Sodium: 170 milligrams
9. Sugar: 1 grams

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