

# Pumpkin Seed Mole | Mole Verde

Yield: 3 min  
Total Time: 35 min

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

## Ingredients:

- 1 cup pumpkin seeds shelled
- 1 teaspoon cumin seed
- 1/2 teaspoon dried oregano optional
- 1 tablespoon vegetable oil
- 1 white onion cut into wedges
- 5 tomatillos husked and halved
- 5 garlic cloves halved
- 2 jalapeno chilies sliced
- 2 cups chicken stock or canned chicken broth
- 1 cup chopped fresh cilantro packed coarsely
- 1 cup flat leaf parsley coarsely chopped
- 1/2 cup epazote fresh, optional
- 1 teaspoon salt

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 5 milligrams
4. Fat: 28 grams
5. Fiber: 6 grams
6. Protein: 20 grams
7. SaturatedFat: 4 grams
8. Sodium: 1040 milligrams
9. Sugar: 8 grams

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