

Mole Poblano

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/mangu-recipe-puerto-rican>

Ingredients:

- 3 mulato chiles
- 3 ancho chiles dried poblanos
- 3 pasilla chiles dried
- 6 tomatoes
- 1 onion sliced thinly
- 2 garlic cloves
- 1/2 cup vegetable oil
- 1 Ibarra Chocolate small fist-sized piece, chopped
- 1 corn tortilla
- 1 cup sugar
- 5 cups water
- 1 plantain halved lengthwise
- 1 teaspoon salt

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 95 grams
3. Fat: 30 grams
4. Fiber: 12 grams
5. Protein: 7 grams
6. SaturatedFat: 2 grams
7. Sodium: 640 milligrams
8. Sugar: 63 grams
9. TransFat: 1 grams

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