

# The Culinary Institute of America

**Recipe: 000120 HFHK Mole Sauce**

Recipe Source: Bill Yosses  
 Recipe Group: SAUCE

**Recipe HACCP Process:**

Alternate Recipe Name:  
 Number of Portions: 24  
 Size of Portion: tablespoon

004510 OIL, VEG SAFFLOWER, SALAD OR COOKING, LINOLEIC, (... 011282 ONIONS, RAW..... 011215 GARLIC, RAW..... 902419 BAY LEAF..... 002028 PAPRIKA..... 002010 CINNAMON, GROUND..... 002011 CLOVES, GROUND..... 011955 TOMATOES, SUN-DRIED..... 009298 RAISINS, SEEDLESS..... 902447 Chocolate, dark..... 902420 TAHINI, PASTE.....	3 TBSP 1 1/2 small 3/4 TSP 1 EACH 3/4 TSP 1/2 TSP 1/8 TSP 3 PIECE 6 TBSP, packed 3 OZ 3 TBSP	1. Heat oil in pan and sweat onion, add garlic, and allow to soften. Add spices, tomato, raisins, and simmer until soft, about 3 minutes. Remove from heat and add chocolate and tahini paste. Stir to melt chocolate.
014429 WATER, MUNICIPAL.....	6 TBSP	2. Add water and blend with immersion blender until smooth. Serve over eggs on avocado toast (Whole Wheat Avocado Egg Breakfast Toast).

**\*Nutrients are based upon 1 Portion Size (tablespoon)**

Calories	56 kcal	Cholesterol	0.25 mg	Protein	0.69 g	Calcium	13.48 mg	61.94%	Calories from Total Fat
Total Fat	3.87 g	Sodium	2.76 mg	Vitamin A	5.33 RE	Iron	0.48 mg	14.79%	Calories from Saturated Fat
Saturated Fat	0.92 g	Carbohydrates	5.24 g	Vitamin A	41.39 IU	Water <sup>1</sup>	*8.10* g	*0.06%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	0.61 g	Vitamin C	0.59 mg	Ash <sup>1</sup>	*0.11* g	37.29%	Calories from Carbohydrates
								4.90%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz			N - Milk	? - Tree Nut
Grain.....	oz			N - Egg	
Fruit.....	cup			N - Peanut	
Vegetable.....	cup			N - Fish	
Milk.....	cup			N - Shellfish	
<b>Moisture &amp; Fat Change</b>				N - Soy	
Moisture Change.	0%			N - Wheat	
Fat Change.....	0%				
Type of Fat.....					

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	004510	OIL, VEG SAFFLOWER, SALAD OR COOKING, LI			
I	011282	ONIONS, RAW			
I	011215	GARLIC, RAW			
I	902419	BAY LEAF			
I	002028	PAPRIKA			
I	002010	CINNAMON, GROUND			
I	002011	CLOVES, GROUND			
I	011955	TOMATOES, SUN-DRIED			
I	009298	RAISINS, SEEDLESS			
I	902447	Chocolate, dark			
I	902420	TAHINI, PASTE			
I	014429	WATER, MUNICIPAL			

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