



Adobo-Rubbed Chicken

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



4

CALORIES



681 kcal

SEASONING

MARINADE

Ingredients

- 1 cup chicken broth organic
- 12 corn tortillas warmed
- 2 cloves garlic roughly chopped
- 10 guajillo chiles stemmed deveined seeded cut into 2-inch pieces
- 4 servings lime wedges for serving
- 4 servings salt and pepper black freshly ground
- 2 tablespoons vegetable oil
- 1 small onion white chopped

- 3.5 pound meat from a rotisserie chicken whole

Equipment

- sauce pan
- oven
- blender
- baking pan
- grill
- kitchen thermometer
- grill pan

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- Heat the oil in heavy, medium saucepan over medium heat.
- Add the onions and cook until translucent, about 5 minutes.
- Add the garlic and cook for 3 minutes longer.
- Add the chiles and cook until darkened on both sides, about 1 minute.
- Add the broth and bring to boil. Continue boiling until the chiles are soft, about 5 minutes.
- Transfer the mixture to blender and puree. Season with salt and pepper.
- Preheat a grill or large grill pan over medium-high heat.
- Meanwhile, rub the adobo mixture all over the chicken, using about half of the adobo. Sear the chicken, breast-side down, until grill marks appear, about 6 minutes.
- Brush some adobo sauce on the other side of the chicken. Turn the chicken breast-side up, place in a baking pan and transfer to the oven. Cook the chicken, basting with the extra adobo sauce every 20 minutes, until a meat thermometer registers an inner temperature of 165 degrees F, about 40 minutes.
- Serve with corn tortillas to prepare tacos and lime wedges.

Nutrition Facts



■ PROTEIN **24.22%** ■ FAT **50.41%** ■ CARBS **25.37%**

Properties

Glycemic Index:42.88, Glycemic Load:15.62, Inflammation Score:-9, Nutrition Score:24.536521476248%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 681.41kcal (34.07%), Fat: 38.38g (59.04%), Saturated Fat: 9.69g (60.57%), Carbohydrates: 43.46g (14.49%), Net Carbohydrates: 35.65g (12.96%), Sugar: 5.31g (5.9%), Cholesterol: 144.06mg (48.02%), Sodium: 395.38mg (17.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.49g (82.98%), Vitamin B3: 15.05mg (75.24%), Phosphorus: 548.94mg (54.89%), Vitamin A: 2588.68IU (51.77%), Vitamin B6: 0.95mg (47.44%), Selenium: 33.04µg (47.2%), Fiber: 7.81g (31.23%), Magnesium: 104.91mg (26.23%), Vitamin B2: 0.43mg (25.07%), Zinc: 3.7mg (24.65%), Vitamin K: 25.1µg (23.9%), Manganese: 0.45mg (22.49%), Potassium: 713.26mg (20.38%), Vitamin B5: 1.94mg (19.42%), Iron: 3.32mg (18.46%), Vitamin B1: 0.22mg (14.57%), Copper: 0.25mg (12.68%), Vitamin E: 1.65mg (11.02%), Vitamin B12: 0.6µg (10.04%), Calcium: 97.94mg (9.79%), Vitamin C: 7.85mg (9.51%), Folate: 23.26µg (5.82%), Vitamin D: 0.38µg (2.54%)