



Chicken Adobo

 Dairy Free

READY IN



177 min.

SERVINGS



4

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons tapioca/arrowroot flour
- ☐ 12 skin-on chicken drumsticks
- ☐ 2 bay leaves dried
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 cloves garlic crushed
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup brown sugar light
- ☐ 2 tablespoons juice of lime fresh from 2 large limes

- ☐ 4 servings lime wedges
- ☐ 2 cups chicken broth low-sodium
- ☐ 0.8 teaspoon pepper flakes red crushed
- ☐ 1 cup soya sauce
- ☐ 1 cup citrus champagne vinegar

Equipment

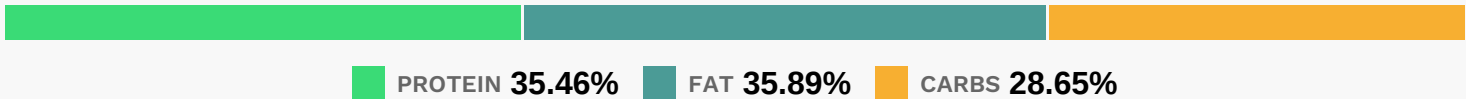
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ kitchen thermometer
- ☐ dutch oven
- ☐ glass baking pan

Directions

- ☐ For the marinade: In a medium bowl, combine the vinegar, soy sauce, sugar, garlic, red pepper flakes, and bay leaves.
- ☐ Whisk until the sugar has dissolved.
- ☐ Arrange the chicken in a single layer in a 9-by-13-by-2-inch glass baking dish.
- ☐ Pour the marinade over the chicken and refrigerate for 2 hours, turning the chicken over halfway through.
- ☐ Place the chicken and marinade in a large, high-sided skillet or Dutch oven and add the chicken broth. Bring the liquid to a boil over medium-high heat. Reduce the heat to a simmer and cook for 45 to 50 minutes, turning the chicken every 20 minutes, until cooked through and a meat thermometer inserted into the thickest part of the meat registers 165 degrees F.
- ☐ Remove the chicken from the liquid and arrange on a serving platter. Discard the bay leaves and garlic cloves.
- ☐ Whisk the arrowroot and lime juice into the liquid and bring the mixture to a boil. Cook until the mixture thickens, about 2 minutes. Season with salt and pepper, to taste.
- ☐ Pour the sauce over the chicken or serve alongside as a dipping sauce.

Sprinkle with chopped parsley or cilantro, if using, and garnish with lime wedges.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:5.07, Inflammation Score:-5, Nutrition Score:23.700434985368%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 560.92kcal (28.05%), Fat: 21.97g (33.8%), Saturated Fat: 5.8g (36.26%), Carbohydrates: 39.47g (13.16%), Net Carbohydrates: 38.44g (13.98%), Sugar: 28.03g (31.15%), Cholesterol: 208.96mg (69.65%), Sodium: 3532.08mg (153.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.84g (97.67%), Vitamin B3: 15.03mg (75.15%), Selenium: 45.38µg (64.83%), Phosphorus: 502.34mg (50.23%), Vitamin B6: 0.94mg (47.24%), Vitamin K: 39.14µg (37.28%), Zinc: 4.84mg (32.27%), Vitamin B2: 0.51mg (30.2%), Vitamin B5: 2.65mg (26.53%), Manganese: 0.48mg (23.97%), Potassium: 833.29mg (23.81%), Vitamin B12: 1.37µg (22.79%), Iron: 3.83mg (21.26%), Magnesium: 78.05mg (19.51%), Copper: 0.32mg (15.91%), Vitamin B1: 0.23mg (15.28%), Calcium: 79.51mg (7.95%), Vitamin A: 392.31IU (7.85%), Vitamin C: 6.46mg (7.83%), Folate: 22.12µg (5.53%), Fiber: 1.02g (4.1%), Vitamin E: 0.61mg (4.08%), Vitamin D: 0.23µg (1.51%)