



Chicken Adobo



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



4

CALORIES



923 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 1 teaspoon peppercorns whole black
- ☐ 3 pound chicken thighs boneless
- ☐ 1 cup coconut milk
- ☐ 2 cup coconut vinegar
- ☐ 4 servings salt as needed
- ☐ 20 clove garlic cloves whole peeled
- ☐ 4 servings garnish with egg, mango, pineapple and/ chilis

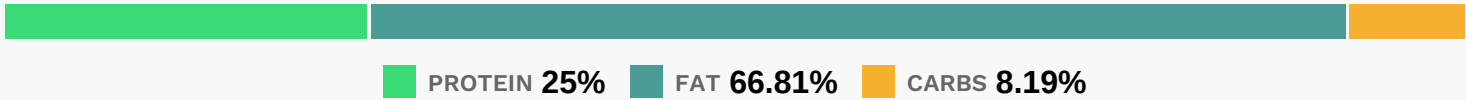
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ In a medium bowl, combine onion wedges, vinegar, coconut milk, garlic, tumeric, bay leaves, chiles, and peppercorns.
- ☐ Add chicken; Stir to coat. Then let it marinate, covered, in the refrigerator for at least 2 hours.Arrange chicken and onion wedges in a clay pot or Dutch-oven.
- ☐ Pour marinade over chicken, and bring to a boil. Reduce heat; simmer, covered, until tender, about 30 minutes. Taste for salt and seasonings.Preheat broiler.
- ☐ Remove chicken from pot, and place on a baking sheet or broiler pan.
- ☐ Place under broiler until browned, 5 to 10 minutes. Meanwhile, continue to cook the remaining liquid in the pot until it reaches a creamy consistency.Prepare the rice to your liking. Fluffy with a bit of garlic is traditional.
- ☐ Transfer chicken to a serving platter, and top with reduced sauce, and onion wedges.
- ☐ Serve with rice and your choice of garnish.

Nutrition Facts



Properties

Glycemic Index:54.42, Glycemic Load:8.73, Inflammation Score:-6, Nutrition Score:33.062608822532%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 922.93kcal (46.15%), Fat: 68.77g (105.81%), Saturated Fat: 25.96g (162.24%), Carbohydrates: 18.97g (6.32%), Net Carbohydrates: 17.2g (6.26%), Sugar: 8.28g (9.2%), Cholesterol: 333.39mg (111.13%), Sodium: 466.7mg (20.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.91g (115.82%), Selenium: 65.89µg (94.12%), Vitamin B3: 16.69mg (83.45%), Manganese: 1.65mg (82.54%), Vitamin B6: 1.47mg (73.28%), Phosphorus: 623.12mg (62.31%), Vitamin C: 44.71mg (54.2%), Vitamin B5: 3.82mg (38.23%), Vitamin B12: 2.18µg (36.29%), Zinc: 4.86mg (32.39%), Vitamin B2: 0.49mg (29.07%), Potassium: 986.83mg (28.2%), Magnesium: 106.25mg (26.56%), Iron: 4.78mg (26.55%), Vitamin B1: 0.36mg (24.04%), Copper: 0.45mg (22.51%), Vitamin K: 9.78µg (9.31%), Folate: 33.74µg (8.43%), Calcium: 80.88mg (8.09%), Fiber: 1.77g (7.07%), Vitamin A: 325.21IU (6.5%), Vitamin E: 0.75mg (5.03%), Vitamin D: 0.34µg (2.27%)