



## Chicken Adobo



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



4

CALORIES



924 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
- ☐ 0.5 teaspoon tumeric
- ☐ 20 clove garlic cloves whole peeled

☐ 4 servings garnish with egg, mango, pineapple and/ chilis

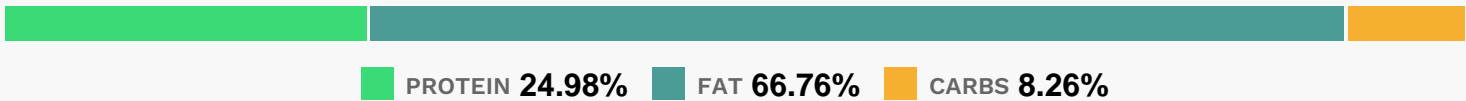
## Equipment

- ☐ 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:55.67, Glycemic Load:8.74, Inflammation Score:-9, Nutrition Score:33.186956447104%

## 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: 923.81kcal (46.19%), Fat: 68.8g (105.84%), Saturated Fat: 25.97g (162.29%), Carbohydrates: 19.13g (6.38%), Net Carbohydrates: 17.31g (6.3%), Sugar: 8.29g (9.21%), Cholesterol: 333.39mg (111.13%), Sodium: 466.79mg (20.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.93g (115.86%), Selenium: 65.9µg (94.14%), Manganese: 1.67mg (83.52%), Vitamin B3: 16.7mg (83.51%), Vitamin B6: 1.47mg (73.5%), Phosphorus: 623.79mg (62.38%), Vitamin C: 44.78mg (54.28%), Vitamin B5: 3.82mg (38.23%), Vitamin B12: 2.18µg (36.29%), Zinc: 4.87mg (32.46%), Vitamin B2: 0.49mg (29.11%), Potassium: 993.14mg (28.38%), Iron: 4.88mg (27.12%), Magnesium: 106.74mg (26.68%), Vitamin B1: 0.36mg (24.06%), Copper: 0.45mg (22.58%), Vitamin K: 9.81µg (9.34%), Folate: 33.84µg (8.46%), Calcium: 81.34mg (8.13%), Fiber: 1.82g (7.28%), Vitamin A: 325.21IU (6.5%), Vitamin E: 0.76mg (5.08%), Vitamin D: 0.34µg (2.27%)