



 **17%**
HEALTH SCORE

Chicken Adobo & Coconut Ginger Rice

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

READY IN



90 min.

SERVINGS



4

CALORIES



1058 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apple cider vinegar
- 3 bay leaves
- 4 chicken thighs bone-in ()
- 4 chicken thighs bone-in ()
- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 1 cup chicken broth
- 1 tablespoon cornstarch

- 2 tablespoons ginger fresh minced
- 3 cloves garlic minced
- 2 tablespoons grapeseed oil
- 4 servings kosher salt
- 0.5 cup soy sauce low sodium
- 0.5 cup parsley minced
- 12 peppercorns crushed
- 1.5 cups rice
- 4 spring onion chopped
- 0.3 cup coconut shredded sweetened minced
- 0.3 cup water
- 3 cups water

Equipment

- bowl
- frying pan
- whisk

Directions

- In a large bowl or flat dish, combine soy sauce, vinegar, garlic, peppercorns, brown sugar and bay leaves with chicken. Marinate for at least an hour or overnight. When ready to cook, swirl a bit of olive oil in a pan. When the oil is hot, lay chicken thighs down, leaving marinade in the dish. Brown chicken on both sides, approximately 2–3 minutes on each side.
- Remove chicken from the pan and set aside.
- Pour in marinade and chicken broth and cook until it begins to boil. Once boiling, add chicken again and cover. Cook for about 10 minutes.
- Whisk 1/4 cup water with cornstarch and add to chicken. Turn chicken pieces over, cover again and cook until juices run clear (approximately 6–9 minutes). For rice, set 3 cups of water to boiling.

Sprinkle a little salt into the water. When water begins to boil, add rice and cook according to directions. Once done, toss with scallions, parsley, ginger and coconut.

Serve chicken over chicken and drizzle with a little sauce.

Nutrition Facts

PROTEIN 21.53% **FAT 50.53%** **CARBS 27.94%**

Properties

Glycemic Index:74.05, Glycemic Load:34.08, Inflammation Score:-7, Nutrition Score:35.006086956522%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Taste

Sweetness: 23.02%, Saltiness: 100%, Sourness: 17.74%, Bitterness: 28.61%, Savoriness: 65.97%, Fattiness: 59.87%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 1057.65kcal (52.88%), Fat: 58.48g (89.97%), Saturated Fat: 16.15g (100.91%), Carbohydrates: 72.76g (24.25%), Net Carbohydrates: 70.51g (25.64%), Sugar: 10.1g (11.22%), Cholesterol: 284.4mg (94.8%), Sodium: 1824.9mg (79.34%), Protein: 56.06g (112.11%), Vitamin K: 154.53µg (147.17%), Selenium: 66.76µg (95.38%), Vitamin B3: 15.27mg (76.37%), Manganese: 1.35mg (67.49%), Phosphorus: 616.56mg (61.66%), Vitamin B6: 1.23mg (61.43%), Vitamin B5: 3.87mg (38.73%), Zinc: 5mg (33.36%), Vitamin B2: 0.55mg (32.33%), Vitamin B12: 1.86µg (31.02%), Magnesium: 111.43mg (27.86%), Potassium: 952.77mg (27.22%), Iron: 3.98mg (22.13%), Copper: 0.43mg (21.26%), Vitamin B1: 0.31mg (20.57%), Vitamin E: 3.02mg (20.13%), Vitamin A: 984.52IU (19.69%), Vitamin C: 13.2mg (15.99%), Folate: 48.62µg (12.16%), Calcium: 94.16mg (9.42%), Fiber: 2.25g (9.01%), Vitamin D: 0.29µg (1.93%)