

Chicken Adobo I

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



216 kcal

SIDE DISH

Ingredients

- 4 cloves garlic crushed
- 2 tablespoons salt
- 4 tablespoons soya sauce
- 2 tablespoons vegetable oil
- 1.5 cups water
- 1 cup distilled vinegar white
- 2 pound meat from a rotisserie chicken whole cut into pieces
- 1 teaspoon peppercorns whole

Equipment

- frying pan
- pot

Directions

- In a large pot, combine the water, vinegar, soy sauce, peppercorns, garlic and salt.
- Mix together, add chicken pieces and simmer over low heat (uncovered) until chicken is cooked through and tender (25 to 35 minutes).
- Remove chicken from pot and brown in oil in a large skillet over medium high heat.
- Return chicken, with oil/juices, back to pot with reserved sauce. Cover and simmer over medium heat until desired amount of sauce is yielded.

Nutrition Facts

PROTEIN 28.96% **FAT 67.53%** **CARBS 3.51%**

Properties

Glycemic Index:21.17, Glycemic Load:0.37, Inflammation Score:-2, Nutrition Score:6.7865217198496%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 215.78kcal (10.79%), Fat: 15.51g (23.86%), Saturated Fat: 3.83g (23.95%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 1.49g (0.54%), Sugar: 0.25g (0.27%), Cholesterol: 54.43mg (18.14%), Sodium: 3050.9mg (132.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.96g (29.93%), Vitamin B3: 5.43mg (27.16%), Selenium: 11.09µg (15.84%), Vitamin B6: 0.3mg (15.25%), Phosphorus: 128.2mg (12.82%), Manganese: 0.23mg (11.5%), Vitamin K: 10.66µg (10.15%), Vitamin B5: 0.73mg (7.28%), Zinc: 1.05mg (7%), Vitamin B2: 0.11mg (6.4%), Iron: 1.08mg (5.99%), Magnesium: 22.15mg (5.54%), Potassium: 181.7mg (5.19%), Copper: 0.08mg (4.03%), Vitamin E: 0.6mg (3.99%), Vitamin B12: 0.22µg (3.75%), Vitamin B1: 0.06mg (3.69%), Calcium: 23.02mg (2.3%), Vitamin C: 1.79mg (2.16%), Vitamin A: 105.8IU (2.12%), Folate: 6.7µg (1.67%), Fiber: 0.32g (1.29%)