

Chicken Afritada



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce baby peas drained canned
- ☐ 10 ounce tomato sauce canned
- ☐ 1 tablespoon ginger fresh chopped
- ☐ 2 teaspoons garlic salt
- ☐ 1 pinch ground pepper black
- ☐ 1 onion chopped
- ☐ 0.5 cup oyster sauce
- ☐ 4 medium potatoes cubed peeled

- ☐ 1 bell pepper red cut into strips
- ☐ 0.5 cup soya sauce
- ☐ 0.5 cup vegetable oil
- ☐ 1 meat from a rotisserie chicken whole cut into pieces

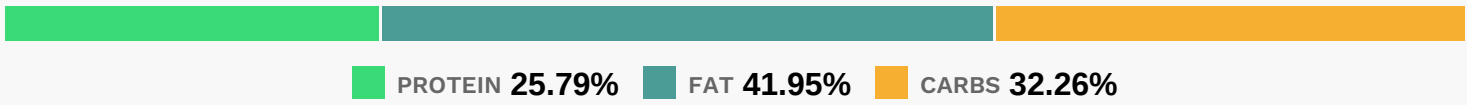
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ tongs

Directions

- ☐ Heat oil in a large skillet over medium-high heat. Cook onion and ginger for 3 minutes, browning slightly.
- ☐ Lay chicken in the skillet, skin side down. Fry until golden, about 10 minutes, turning once with tongs.
- ☐ In a bowl, whisk together tomato sauce, soy sauce, oyster sauce, and garlic salt, and pour evenly over chicken. Gently fold in peas, bell pepper, and potato. Simmer 20 to 30 minutes, or until chicken is cooked through and no longer pink in the center. Season with ground black pepper.

Nutrition Facts



Properties

Glycemic Index:49.01, Glycemic Load:21.59, Inflammation Score:-9, Nutrition Score:27.473478462385%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

Nutrients (% of daily need)

Calories: 498.96kcal (24.95%), Fat: 23.37g (35.95%), Saturated Fat: 6.15g (38.43%), Carbohydrates: 40.43g (13.48%), Net Carbohydrates: 32.94g (11.98%), Sugar: 7.43g (8.25%), Cholesterol: 95.22mg (31.74%), Sodium: 2708.32mg (117.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.32g (64.65%), Vitamin C: 79.03mg (95.8%), Vitamin B3: 12.86mg (64.3%), Vitamin B6: 1.11mg (55.64%), Phosphorus: 371.64mg (37.16%), Potassium: 1218.66mg (34.82%), Manganese: 0.64mg (32.25%), Fiber: 7.49g (29.98%), Selenium: 20.97µg (29.96%), Vitamin A: 1368.07IU (27.36%), Vitamin K: 25.4µg (24.19%), Vitamin B1: 0.36mg (23.97%), Magnesium: 94mg (23.5%), Iron: 4.03mg (22.41%), Vitamin B2: 0.37mg (21.56%), Folate: 84.42µg (21.1%), Copper: 0.42mg (21.01%), Zinc: 2.95mg (19.68%), Vitamin B5: 1.93mg (19.35%), Vitamin E: 1.75mg (11.7%), Vitamin B12: 0.47µg (7.88%), Calcium: 65.83mg (6.58%), Vitamin D: 0.25µg (1.69%)