



Chicken and Pork Adobo

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

READY IN



45 min.

SERVINGS



10

CALORIES



147 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 teaspoon peppercorns black
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 8 garlic cloves crushed
- ☐ 1 pound pork tenderloin trimmed cut into (2-inch) pieces
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 12 ounce rice vinegar
- ☐ 1.5 pounds chicken thighs boneless skinless cut into (2-inch) pieces

☐ 0.3 cup water

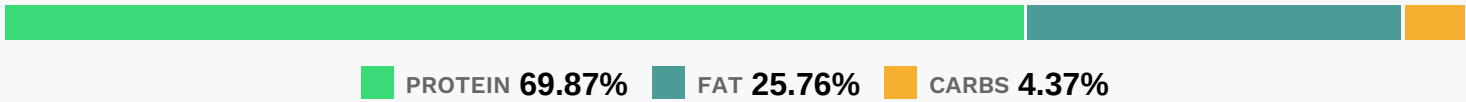
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add pork pieces; cook 4 minutes, browning on all sides.
- ☐ Add soy sauce, water, peppercorns, chicken, vinegar, broth, garlic, and bay leaf; bring to a boil. Cover, reduce heat, and simmer 1 hour. Uncover and increase heat to medium-high; simmer 20 minutes or until liquid is slightly syrupy. Discard bay leaf.

Nutrition Facts



Properties

Glycemic Index:11.2, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:12.314782438071%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 147.12kcal (7.36%), Fat: 3.89g (5.99%), Saturated Fat: 1.03g (6.41%), Carbohydrates: 1.49g (0.5%), Net Carbohydrates: 1.32g (0.48%), Sugar: 0.14g (0.16%), Cholesterol: 94.12mg (31.37%), Sodium: 554.35mg (24.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.77g (47.53%), Selenium: 30.78µg (43.98%), Vitamin B3: 7.17mg (35.85%), Vitamin B6: 0.7mg (35.25%), Vitamin B1: 0.53mg (35.01%), Phosphorus: 263.14mg (26.31%), Vitamin B2: 0.31mg (18.08%), Zinc: 2mg (13.34%), Vitamin B5: 1.29mg (12.92%), Vitamin B12: 0.75µg (12.44%), Potassium: 402.79mg (11.51%), Magnesium: 35.55mg (8.89%), Manganese: 0.15mg (7.29%), Iron: 1.24mg (6.87%), Copper: 0.1mg (5.19%), Vitamin K: 2.37µg (2.26%), Calcium: 20.15mg (2.01%), Folate: 6.99µg (1.75%), Vitamin E: 0.26mg (1.74%)