

DINNER

Chicken Tinola

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
55 min	30 min	25 min	4	\$4.66	877 kcal



Chicken Tinola might be a good recipe to expand your main course repertoire. This recipe makes 4 servings with 877 calories, 88g of protein, and 51g of fat each. For \$4.66 per serving, this recipe covers 51% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1 head bok choy, chopped
- ☐ 28 ounce chicken broth
canned
- ☐ 1 tablespoon cooking oil
- ☐ 1½ inch fresh ginger, peeled and thinly sliced
- ☐ 1 onion, chopped
- ☐ ½ pound spinach
- ☐ 1 chayote squash, peeled and cut into bite-sized pieces
- ☐ 3 pounds chicken legs and thighs, rinsed and patted dry
- ☐ 1 tablespoon fish sauce
- ☐ 2 cloves garlic, minced
- ☐ 4 servings salt and pepper to taste

Method

- 1 Heat the oil in a large pot over medium heat; cook and stir the onion and garlic in the hot oil until fragrant. Quickly stir the ginger and fish sauce into the onion and garlic mixture before adding the chicken; cook together for 5 minutes.
- 2 Pour the chicken broth over the mixture and cook another 5 minutes.
- 3 Add the chayote to the mixture and simmer until the chicken is no longer pink in the center, about 10 minutes more. Season with salt and pepper.
- 4 Add the bok choy and spinach; cook until the spinach is just wilted, 1 to 2 minutes.
- 5 Serve hot.

Nutrition per serving

877

KCAL

88 g

PROTEIN

51 g

FAT

14 g

CARBS

Saturated Fat	13.3 g · 83% of daily needs
Fibre	4.5 g · 18% of daily needs
Sugar	4.7 g · 5% of daily needs
Sodium	1,850 mg · 80% of daily needs
Cholesterol	280 mg · 93% of daily needs
Vitamin C	116 mg · 141% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/chicken-tinola-148362