



Famous Chicken Adobo



Gluten Free



Dairy Free



Popular

READY IN



70 min.

SERVINGS



6

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 tablespoon pepper black
- ☐ 3 pound meat from a rotisserie chicken cut into pieces
- ☐ 2 tablespoons garlic minced
- ☐ 1 tablespoon garlic powder
- ☐ 0.7 cup soya sauce low sodium
- ☐ 1 large onion sliced quartered
- ☐ 2 tablespoons vegetable oil

☐ 0.3 cup vinegar white

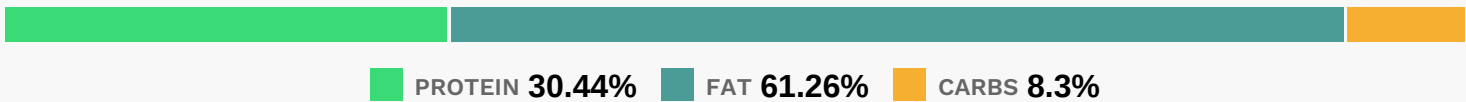
Equipment

☐ frying pan

Directions

- ☐ Heat the vegetable oil in a large skillet over medium-high heat. Cook chicken pieces until golden brown on both sides, then remove. Stir in the onion and garlic; cook until they soften and brown, about 6 minutes.
- ☐ Pour in vinegar and soy sauce, and season with garlic powder, black pepper, and bay leaf.
- ☐ Add the browned chicken, increase the heat to high, and bring to a boil. Reduce heat to medium-low, cover, and simmer until the chicken is tender and cooked through, 35 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.93, Inflammation Score:-4, Nutrition Score:11.126956639083%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 313.78kcal (15.69%), Fat: 21.09g (32.45%), Saturated Fat: 5.42g (33.9%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 5.37g (1.95%), Sugar: 1.27g (1.41%), Cholesterol: 81.65mg (27.22%), Sodium: 1098.94mg (47.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.58g (47.17%), Vitamin B3: 7.8mg (38.98%), Vitamin B6: 0.51mg (25.73%), Selenium: 16.76µg (23.94%), Phosphorus: 226.08mg (22.61%), Manganese: 0.37mg (18.37%), Vitamin B2: 0.21mg (12.47%), Magnesium: 47.39mg (11.85%), Zinc: 1.78mg (11.85%), Vitamin B5: 1.15mg (11.52%), Vitamin K: 11.76µg (11.2%), Potassium: 382.24mg (10.92%), Iron: 1.64mg (9.14%), Vitamin B1: 0.1mg (6.69%), Folate: 24.66µg (6.16%), Vitamin B12: 0.34µg (5.62%), Vitamin E: 0.84mg (5.6%), Vitamin C: 4.45mg (5.39%), Copper: 0.11mg (5.26%), Fiber: 1.06g (4.23%), Calcium: 37.52mg (3.75%), Vitamin A: 159.65IU (3.19%), Vitamin D: 0.22µg (1.45%)