



9%
HEALTH SCORE

Grilled Chicken Adobo

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

READY IN



50 min.

SERVINGS



8

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 0.5 teaspoon pepper black
- 1.5 tablespoons garlic minced
- 3 tablespoons honey
- 3 pounds chicken thighs boneless skinless
- 1.5 cups soya sauce
- 0.8 cup vinegar
- 1.5 cups water

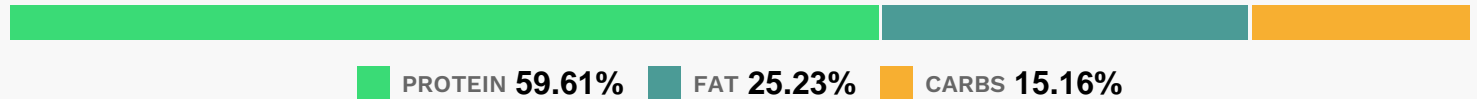
Equipment

- paper towels
- pot
- grill

Directions

- Preheat an outdoor grill for high heat, and lightly oil grate.
- In a large pot, mix soy sauce, water, vinegar, honey, garlic, bay leaves, and pepper. Bring the mixture to a boil, and place the chicken into the pot. Reduce heat, cover, and cook 35 to 40 minutes.
- Remove chicken, drain on paper towels, and set aside. Discard bay leaves. Return the mixture to a boil, and cook until reduced to about 1 1/2 cups.
- Place chicken on the prepared grill, about 5 minutes on each side, until browned and crisp.
- Serve with the remaining soy sauce mixture.

Nutrition Facts



Properties

Glycemic Index:22.41, Glycemic Load:3.85, Inflammation Score:-2, Nutrition Score:16.118260943371%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 259.42kcal (12.97%), Fat: 7.05g (10.84%), Saturated Fat: 1.76g (11%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 9.09g (3.31%), Sugar: 7.23g (8.03%), Cholesterol: 161.59mg (53.86%), Sodium: 2584.6mg (112.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.47g (74.93%), Vitamin B3: 11.24mg (56.2%), Selenium: 39.19µg (55.99%), Vitamin B6: 0.87mg (43.27%), Phosphorus: 378.44mg (37.84%), Vitamin B5: 2.22mg (22.21%), Vitamin B2: 0.37mg (21.9%), Zinc: 2.82mg (18.78%), Vitamin B12: 1.09µg (18.14%), Manganese: 0.31mg (15.39%), Potassium: 521.41mg (14.9%), Magnesium: 58mg (14.5%), Iron: 2.49mg (13.83%), Vitamin B1: 0.18mg (12.13%), Copper: 0.17mg (8.58%), Vitamin K: 5.16µg (4.92%), Folate: 14.93µg (3.73%), Calcium: 30.83mg (3.08%), Vitamin E: 0.31mg

(2.06%), Fiber: 0.44g (1.75%)