



Lolah's Chicken Adobo

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

READY IN



80 min.

SERVINGS



8

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons suya seasoning mix
- 0.5 cup apple cider vinegar
- 3 pounds chicken thighs boneless skinless dry rinsed
- 6 cloves garlic peeled thinly sliced
- 0.5 cup soya sauce
- 3 tablespoons vegetable oil
- 0.5 cup water

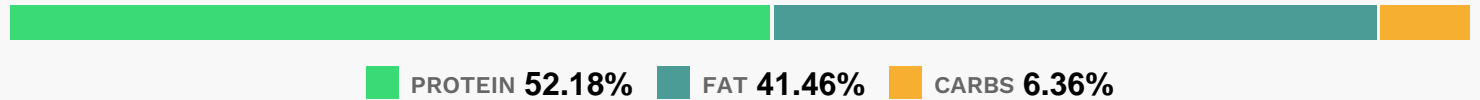
Equipment

pot

Directions

- Heat oil in a large pot over medium heat until oil is shimmering. Cook garlic in oil for no more than 30 seconds.
- Add all of the chicken to the pot; cook, stirring frequently, until chicken is white all over. Do not brown.
- Pour in soy sauce, vinegar, and water, and add the pickling spice. Make sure the spice ball is submerged. Bring to a boil, reduce heat to simmer, and place lid on pot so that some steam can escape. Simmer for 1 hour, or until chicken is very tender.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:17.982608574888%

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: 272.49kcal (13.62%), Fat: 12.27g (18.88%), Saturated Fat: 2.59g (16.19%), Carbohydrates: 4.24g (1.41%), Net Carbohydrates: 2.5g (0.91%), Sugar: 0.48g (0.53%), Cholesterol: 161.59mg (53.86%), Sodium: 964.15mg (41.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.76g (69.52%), Selenium: 39.06µg (55.8%), Vitamin B3: 10.26mg (51.3%), Vitamin B6: 0.85mg (42.62%), Vitamin K: 37.33µg (35.55%), Phosphorus: 347.04mg (34.7%), Vitamin B5: 2.14mg (21.43%), Vitamin B2: 0.35mg (20.3%), Zinc: 2.78mg (18.54%), Vitamin B12: 1.09µg (18.14%), Manganese: 0.36mg (17.94%), Iron: 3.14mg (17.42%), Potassium: 513.98mg (14.69%), Magnesium: 56.36mg (14.09%), Vitamin B1: 0.17mg (11.51%), Vitamin E: 1.4mg (9.33%), Calcium: 82.81mg (8.28%), Copper: 0.15mg (7.43%), Fiber: 1.73g (6.94%), Folate: 18.24µg (4.56%), Vitamin A: 103.91IU (2.08%)