



Margo's Chicken Adobo

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

READY IN



70 min.

SERVINGS



8

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apple cider vinegar
- 2 bay leaves
- 10 peppercorns whole black
- 2 tablespoons canola oil
- 3 pounds chicken drumsticks and thighs
- 1 cinnamon sticks
- 2 tablespoons garlic minced
- 1 cup soya sauce low sodium

1 onion coarsely chopped

1 cup water

Equipment

frying pan

dutch oven

Directions

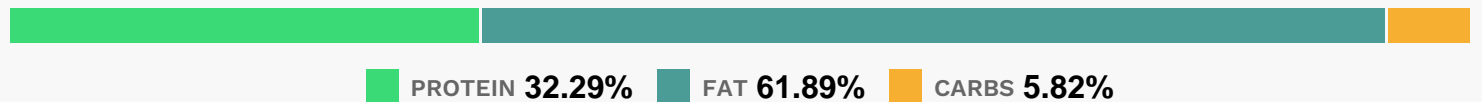
Heat canola oil in a large Dutch oven over medium heat, and pan-fry the chicken drumsticks and thighs until golden brown, about 5 minutes per side.

Remove the chicken pieces, and set aside. Stir onion and garlic into the hot skillet, and cook and stir until the vegetables are browned, about 8 minutes.

Pour in apple cider vinegar, soy sauce, and water; stir in bay leaves, peppercorns, and the cinnamon stick. Bring the mixture to a boil over medium heat, scraping up and dissolving any browned flavor bits from the bottom of the pan. Return chicken pieces and any juice that has formed to the pan.

Cover, reduce heat to a simmer, and simmer until the chicken is thoroughly cooked, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.6, Inflammation Score:-4, Nutrition Score:11.005652220353%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 314.02kcal (15.7%), Fat: 21.05g (32.39%), Saturated Fat: 5.27g (32.91%), Carbohydrates: 4.46g (1.49%), Net Carbohydrates: 3.69g (1.34%), Sugar: 0.89g (0.99%), Cholesterol: 86.75mg (28.92%), Sodium: 1232.4mg (53.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.71g (49.42%), Vitamin B3: 8.27mg (41.34%), Vitamin B6:

0.5mg (24.93%), Selenium: 17.22µg (24.6%), Phosphorus: 232.88mg (23.29%), Manganese: 0.38mg (18.85%), Vitamin B2: 0.22mg (13.04%), Magnesium: 49.3mg (12.32%), Zinc: 1.84mg (12.26%), Vitamin B5: 1.19mg (11.87%), Potassium: 384.39mg (10.98%), Iron: 1.65mg (9.18%), Vitamin E: 1.11mg (7.37%), Vitamin B1: 0.09mg (6.18%), Vitamin B12: 0.36µg (5.98%), Folate: 23.73µg (5.93%), Copper: 0.09mg (4.64%), Vitamin K: 4.66µg (4.44%), Vitamin C: 3.52mg (4.27%), Calcium: 37.19mg (3.72%), Vitamin A: 165.91IU (3.32%), Fiber: 0.77g (3.08%), Vitamin D: 0.23µg (1.54%)