



Matt's Chicken Adobo



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



5

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 1 teaspoon peppercorns whole black
- ☐ 10 chicken drumsticks and thighs
- ☐ 4 cloves garlic crushed to taste
- ☐ 1 pinch ground pepper black
- ☐ 0.3 cup soya sauce
- ☐ 2 teaspoons vegetable oil
- ☐ 0.3 cup distilled vinegar white

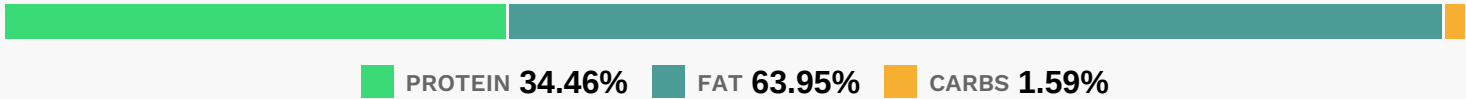
Equipment

☐ pot

Directions

- ☐ Season chicken with black pepper.
- ☐ Heat vegetable oil in a large pot over medium-high heat; cook and stir garlic in hot oil until fragrant. Sear chicken until golden brown, about 3 minutes per side. Stir vinegar, peppercorn, and bay leaves into pot and bring to a boil.
- ☐ Pour water and soy sauce into mixture and reduce heat to low. Cover and simmer until chicken is tender and no longer pink in the center, about 45 minutes. Stir in more water if sauce is too salty.

Nutrition Facts



Properties

Glycemic Index:31.8, Glycemic Load:0.42, Inflammation Score:-4, Nutrition Score:16.985217612723%

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: 528.21kcal (26.41%), Fat: 36.67g (56.42%), Saturated Fat: 10.26g (64.1%), Carbohydrates: 2.05g (0.68%), Net Carbohydrates: 1.67g (0.61%), Sugar: 0.23g (0.26%), Cholesterol: 173.4mg (57.8%), Sodium: 810.67mg (35.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.47g (88.94%), Vitamin B3: 16.21mg (81.05%), Selenium: 33.84µg (48.34%), Vitamin B6: 0.87mg (43.27%), Phosphorus: 360.59mg (36.06%), Vitamin B5: 2.17mg (21.74%), Zinc: 3.12mg (20.8%), Vitamin B2: 0.3mg (17.62%), Iron: 2.51mg (13.92%), Potassium: 483.61mg (13.82%), Manganese: 0.27mg (13.35%), Magnesium: 53.19mg (13.3%), Vitamin B12: 0.72µg (11.95%), Vitamin B1: 0.15mg (10.09%), Vitamin K: 8.29µg (7.9%), Copper: 0.15mg (7.34%), Vitamin A: 331.29IU (6.63%), Vitamin E: 0.85mg (5.68%), Vitamin C: 4.47mg (5.41%), Folate: 16.26µg (4.06%), Calcium: 37.18mg (3.72%), Vitamin D: 0.46µg (3.08%), Fiber: 0.38g (1.53%)