



## Philippine-Style Chicken Adobo

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

READY IN



**300 min.**

SERVINGS



**4**

CALORIES



**368 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 cup cider vinegar
- ☐ 1 tablespoon garlic minced
- ☐ 4 servings accompaniment: rice cooked
- ☐ 0.3 cup soya sauce
- ☐ 2 turkish bay leaf
- ☐ 2.5 lb chicken legs whole cut into drumsticks and thighs

## Equipment

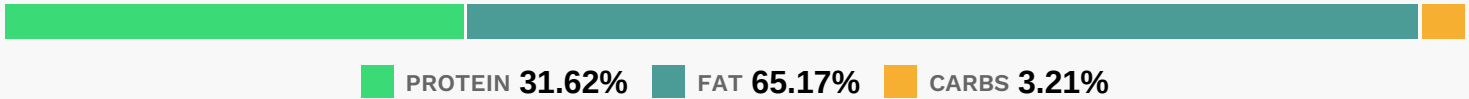
- ☐ bowl

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

## Directions

- ☐ Stir together vinegar, soy sauce, garlic, bay leaves, and 1/2 teaspoon black pepper in a bowl, then pour into a sealable plastic bag.
- ☐ Add chicken and seal bag, pressing out air. Turn to coat thoroughly, then put bag in a baking pan and marinate chicken, chilled, turning occasionally, 2 hours.
- ☐ Let chicken stand at room temperature 45 minutes.
- ☐ Preheat oven to 425°F.
- ☐ Arrange chicken, skin sides up, in 1 layer in a 13- by 9- by 2-inch metal baking pan and pour marinade over it.
- ☐ Bake in middle of oven until cooked through, 30 to 35 minutes.
- ☐ Transfer chicken, skin sides up, to a broiler pan.
- ☐ Pour marinade into a small saucepan and skim fat.
- ☐ Preheat broiler.
- ☐ Broil chicken about 4 inches from heat until skin is golden and crisp, 2 to 3 minutes. While chicken is broiling, bring marinade to a boil and discard bay leaves.
- ☐ Serve chicken with sauce.

## Nutrition Facts



## Properties

Glycemic Index:36.55, Glycemic Load:0.88, Inflammation Score:-2, Nutrition Score:11.962608700213%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 367.57kcal (18.38%), Fat: 25.81g (39.71%), Saturated Fat: 7.06g (44.13%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 2.67g (0.97%), Sugar: 0.39g (0.43%), Cholesterol: 150.28mg (50.09%), Sodium: 947.6mg (41.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.18g (56.36%), Selenium: 29.67µg (42.38%), Vitamin B3: 8.25mg (41.26%), Vitamin B6: 0.57mg (28.51%), Phosphorus: 275.97mg (27.6%), Vitamin B5: 1.68mg (16.83%), Zinc: 2.49mg (16.57%), Vitamin B12: 0.9µg (15.08%), Vitamin B2: 0.25mg (14.87%), Potassium: 390.02mg (11.14%), Manganese: 0.22mg (11.05%), Magnesium: 38.81mg (9.7%), Iron: 1.58mg (8.8%), Vitamin B1: 0.13mg (8.75%), Copper: 0.12mg (5.88%), Vitamin K: 3.75µg (3.57%), Vitamin A: 151.94IU (3.04%), Calcium: 23.85mg (2.39%), Vitamin E: 0.36mg (2.39%), Folate: 9.3µg (2.33%), Vitamin C: 0.97mg (1.18%), Vitamin D: 0.16µg (1.08%)