



Pollo Adobado con Papas (Red Chile-Roasted Chicken with Crusty Potatoes)

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



641 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 ounces ancho chiles dried seeded
- 0.5 teaspoon pepper black freshly ground
- 0.3 cup cider vinegar
- 1 tablespoon cider vinegar
- 3 garlic cloves
- 0.1 teaspoon ground cloves
- 0.3 teaspoon ground cumin

- 1.3 cups onion sliced ()
- 1 teaspoon mexican oregano dried
- 1.3 pounds potatoes red halved
- 0.3 teaspoon salt
- 1.8 teaspoons salt
- 1 teaspoon sugar
- 1 tablespoon vegetable oil
- 0.3 cup water
- 2 cups water hot
- 3.5 pound meat from a rotisserie chicken whole

Equipment

- bowl
- frying pan
- oven
- sieve
- blender
- roasting pan
- kitchen thermometer
- ziploc bags
- broiler pan

Directions

- To prepare the adobo, heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- Add anchos; saut 2 minutes or until anchos are blistered.
- Combine anchos and 2 cups water in a small bowl. Cover and let stand 20 minutes or until tender.
- Combine ancho mixture, 1/4 cup vinegar, and next 7 ingredients (1/4 cup vinegar through garlic) in a blender; process until smooth. Strain marinade through a medium-mesh sieve into

a bowl; discard solids. (Adobo will have the consistency of steak sauce.)

- To prepare remaining ingredients, remove and discard giblets, neck, and skin from chicken. Rinse chicken with cold water; pat dry. Trim excess fat.
- Place the chicken, breast side down, on a cutting surface.
- Cut in half lengthwise along the backbone.
- Combine 1 cup marinade and chicken in a large zip-top plastic bag; seal and marinate in refrigerator 4 hours.
- Preheat oven to 37
- Remove chicken from bag, reserving marinade.
- Place chicken on a broiler pan or rack of roasting pan. Insert meat thermometer into meaty part of thigh, making sure not to touch the bone.
- Pour 1/3 cup water into pan.
- Combine potatoes, 1 tablespoon oil, and 1/4 teaspoon salt in a small bowl. Arrange potatoes around chicken.
- Bake at 375 for 1 hour or until thermometer registers 16
- Brush the reserved marinade over chicken and potatoes, and bake an additional 10 minutes.
- Place chicken and potatoes on a platter.
- Combine onion and 1 tablespoon vinegar in a bowl; arrange around chicken and potatoes.
- Garnish with watercress sprigs, if desired.

Nutrition Facts



PROTEIN 25.49% FAT 46.9% CARBS 27.61%

Properties

Glycemic Index:62.27, Glycemic Load:2.05, Inflammation Score:-10, Nutrition Score:31.428260637366%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.11mg, Quercetin: 11.11mg, Quercetin: 11.11mg, Quercetin: 11.11mg

Nutrients (% of daily need)

Calories: 641.48kcal (32.07%), Fat: 33.65g (51.78%), Saturated Fat: 8.99g (56.19%), Carbohydrates: 44.58g (14.86%), Net Carbohydrates: 34.86g (12.68%), Sugar: 13.8g (15.33%), Cholesterol: 142.88mg (47.63%), Sodium: 1351.74mg (58.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.15g (82.31%), Vitamin A: 5921.31IU (118.43%), Vitamin B3: 16.53mg (82.67%), Vitamin B6: 1.17mg (58.73%), Potassium: 1511.03mg (43.17%), Selenium: 29.53µg (42.18%), Phosphorus: 421.58mg (42.16%), Fiber: 9.72g (38.88%), Vitamin K: 40.08µg (38.17%), Manganese: 0.66mg (33.04%), Vitamin B2: 0.55mg (32.27%), Vitamin C: 26.34mg (31.92%), Iron: 4.52mg (25.13%), Magnesium: 98.3mg (24.58%), Vitamin B5: 2.42mg (24.16%), Zinc: 3.34mg (22.26%), Copper: 0.39mg (19.42%), Vitamin B1: 0.28mg (18.39%), Folate: 58.61µg (14.65%), Vitamin E: 1.65mg (10.98%), Vitamin B12: 0.59µg (9.84%), Calcium: 77.1mg (7.71%), Vitamin D: 0.38µg (2.54%)