



Pollo Borracho



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



678 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 4 pound frying chicken cut into 8 pieces
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 cloves garlic
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 cup olives spanish drained
- ☐ 1 large onion sliced
- ☐ 1 teaspoon mexican oregano dried

☐ 0.5 cup tequila

Equipment

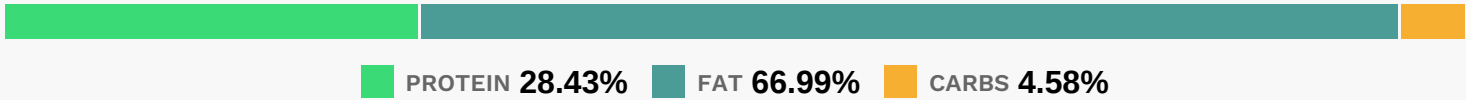
☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Season chicken with salt, pepper, and oregano. In ovenproof skillet, heat olive oil and brown chicken pieces on all sides.
- ☐ Remove chicken from pan and set aside.
- ☐ Reduce heat, add onion and garlic, and cook for 5 minutes.
- ☐ Add the bay leaves, wine, tequila, and olives. Return chicken to the pan, cover, and cook in the oven until tender and browned, about 40 to 45 minutes.
- ☐ Remove and serve.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:1.11, Inflammation Score:-8, Nutrition Score:17.795652244402%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg

Nutrients (% of daily need)

Calories: 678.44kcal (33.92%), Fat: 43.43g (66.81%), Saturated Fat: 10.84g (67.75%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 4.67g (1.7%), Sugar: 2.1g (2.34%), Cholesterol: 163.29mg (54.43%), Sodium: 682.83mg (29.69%), Alcohol: 13.11g (100%), Alcohol %: 4.39% (100%), Protein: 41.47g (82.94%), Vitamin B3: 15.01mg (75.03%), Selenium: 32.22µg (46.02%), Vitamin B6: 0.87mg (43.32%), Phosphorus: 343.09mg (34.31%), Vitamin B5: 2.07mg (20.67%), Zinc: 3.02mg (20.12%), Vitamin E: 2.82mg (18.78%), Vitamin B2: 0.28mg (16.75%), Potassium: 517.83mg (14.8%), Iron: 2.56mg (14.22%), Magnesium: 55.95mg (13.99%), Vitamin B12: 0.67µg (11.25%), Vitamin B1: 0.16mg (10.91%), Vitamin K: 10.41µg (9.91%), Manganese: 0.19mg (9.74%), Vitamin A: 448.46IU (8.97%), Copper: 0.18mg (8.86%), Vitamin C: 6.98mg (8.47%), Fiber: 2.02g (8.07%), Calcium: 65.14mg (6.51%), Folate: 22.8µg (5.7%), Vitamin D: 0.44µg (2.9%)