



Pork and Chicken Adobo



Gluten Free



Dairy Free

READY IN



600 min.

SERVINGS



4

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 1 tablespoon peppercorns black
- ☐ 1.3 pounds pork loin roast boneless cut into 2-inch pieces
- ☐ 2 cloves garlic smashed
- ☐ 3 tablespoons salt
- ☐ 1.3 pounds chicken breasts boneless skinless cut into 2-inch pieces
- ☐ 0.3 cup soya sauce
- ☐ 1 tablespoon vegetable oil

☐ 1 cup vinegar white

Equipment

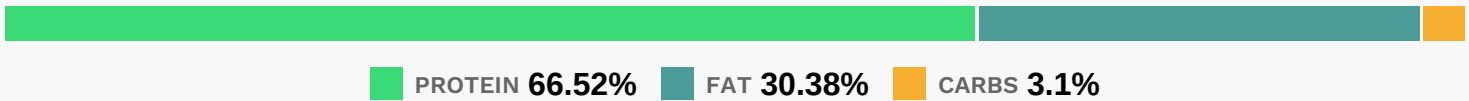
☐ frying pan

☐ pot

Directions

- ☐ Season pork and chicken with salt and pepper and place in a stock pot. Rub with crushed garlic and torn bay leaf, and coat with vinegar (and soy sauce, if using). Cover, and marinate in the refrigerator for 8 hours, or overnight.
- ☐ Bring meat and marinating liquid to a boil. Reduce to a simmer and cook for 1 1/2 hours, or until meat is fork-tender. If necessary, add a small amount of water to prevent drying out.
- ☐ Strain liquid from meat. Return to the stock pot and bring to a simmer. In a skillet, cook and stir meat in 1 tablespoon of oil over medium high heat until brown on all sides, adding remaining 2 cloves of smashed garlic in the last 3 minutes.
- ☐ Add meats to cooking liquid, and continue simmering until slightly thickened.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.57, Inflammation Score:-4, Nutrition Score:27.93739135369%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 407.6kcal (20.38%), Fat: 12.93g (19.9%), Saturated Fat: 3.13g (19.56%), Carbohydrates: 2.97g (0.99%), Net Carbohydrates: 2.17g (0.79%), Sugar: 0.3g (0.34%), Cholesterol: 180.02mg (60.01%), Sodium: 6278.23mg (272.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.71g (127.43%), Selenium: 85.41µg (122.01%), Vitamin B3: 23.54mg (117.7%), Vitamin B6: 2.19mg (109.38%), Phosphorus: 644.3mg (64.43%), Vitamin B1: 0.73mg (48.86%), Potassium: 1127.2mg (32.21%), Vitamin B5: 3.17mg (31.74%), Vitamin B2: 0.44mg (25.6%), Manganese:

0.5mg (25%), Zinc: 3.5mg (23.37%), Magnesium: 84.99mg (21.25%), Vitamin B12: 1.01µg (16.77%), Iron: 1.99mg (11.05%), Vitamin K: 10.65µg (10.15%), Copper: 0.19mg (9.29%), Vitamin E: 0.76mg (5.06%), Vitamin D: 0.71µg (4.72%), Calcium: 38.35mg (3.83%), Fiber: 0.79g (3.17%), Vitamin C: 2.19mg (2.66%), Folate: 8.84µg (2.21%), Vitamin A: 59.43IU (1.19%)