



Slow Cooker Chicken Adobo

 Gluten Free  Dairy Free

READY IN



255 min.

SERVINGS



6

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 0.5 teaspoon pepper black freshly ground
- 3 pounds chicken thighs bone-in
- 5 inch ginger fresh cut into 1-inch pieces
- 4 medium garlic clove peeled smashed
- 1 tablespoon granulated sugar
- 0.3 cup rice vinegar
- 0.8 cup soya sauce

4 medium onion yellow halved thinly sliced

Equipment

bowl

whisk

slow cooker

Directions

Place the onions, garlic, ginger, and bay leaf in an even layer in the slow cooker.

Remove and discard the skin from the chicken. Arrange the chicken in an even layer on top of the onion mixture.

Whisk the soy sauce, vinegar, sugar, and pepper together in a medium bowl and pour it over the chicken. Cover and cook until the chicken is cooked through and falling off the bone, about 4 to 5 hours on high or low.

Remove and discard the ginger pieces and bay leaf.

Serve with steamed rice.

Nutrition Facts



PROTEIN 29.36% **FAT 60.05%** **CARBS 10.59%**

Properties

Glycemic Index:39.85, Glycemic Load:3.46, Inflammation Score:-5, Nutrition Score:16.6891304721%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 14.92mg, Quercetin: 14.92mg, Quercetin: 14.92mg, Quercetin: 14.92mg

Nutrients (% of daily need)

Calories: 486.64kcal (24.33%), Fat: 32.19g (49.52%), Saturated Fat: 8.68g (54.27%), Carbohydrates: 12.76g (4.25%), Net Carbohydrates: 11.08g (4.03%), Sugar: 5.72g (6.36%), Cholesterol: 188.92mg (62.97%), Sodium: 1772.68mg (77.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.41g (70.83%), Selenium: 37.05µg (52.92%), Vitamin

B3: 10.24mg (51.22%), Vitamin B6: 0.84mg (42.11%), Phosphorus: 369.3mg (36.93%), Vitamin B5: 2.18mg (21.84%), Vitamin B12: 1.23µg (20.56%), Vitamin B2: 0.32mg (19.02%), Zinc: 2.71mg (18.04%), Manganese: 0.35mg (17.27%), Potassium: 598.52mg (17.1%), Magnesium: 58.98mg (14.75%), Vitamin B1: 0.2mg (13.28%), Iron: 2.23mg (12.4%), Copper: 0.19mg (9.41%), Vitamin C: 6.35mg (7.7%), Fiber: 1.68g (6.74%), Folate: 25.7µg (6.42%), Vitamin K: 4.65µg (4.43%), Calcium: 44.18mg (4.42%), Vitamin A: 153.96IU (3.08%), Vitamin E: 0.44mg (2.92%), Vitamin D: 0.19µg (1.29%)