

Classic Chicken Adobo

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-adobo-recipe>

Ingredients:

- 3 pounds chicken /1.5 kilos pieces of, or one whole chicken, cut-up or a combo of Chicken and Pork
- 1/2 cup white vinegar
- 1/3 cup water
- 1/3 soy sauce up to 1/2 cup
- 1 whole garlic cloves separated, crushed, but left unpeeled
- 2 teaspoons whole black peppercorns
- 3 bay leaves
- 1 tablespoon brown sugar optional especially if you are doing low-carb – may be omitted

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 220 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 70 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 290 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Classic Chicken Adobo above. You can see more 17 japanese adobo recipe Experience flavor like never before! to get more great cooking ideas.