

Chicken Adobo (Chicken cooked in soy sauce and vinegar)

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/pinoy-chicken-adobo-recipes>

Ingredients:

- 4 boneless skinless chicken breasts
- 1 cup soy sauce low-sodium soy sauce or Tamari is best, since the sauce gets reduced
- 1/2 cup white wine vinegar
- 1 1/4 cups water
- 2 teaspoons garlic puree
- 3 bay leaves
- 1 onion small, sliced in large slices
- ground black pepper fresh, to taste
- 1 pinch ground chipotle chile pepper optional

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 110 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 41 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 3810 milligrams
9. Sugar: 3 grams

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