

Pinchos de Pollo (Puerto Rican Chicken Skewers)

Yield: 4 min
Total Time: 125 min

Recipe from: <https://www.recipeschoose.com/recipes/puerto-rican-churrasco-recipe>

Ingredients:

- 2 pounds chicken thighs
- 2 tablespoons olive oil
- 1 teaspoon adobo
- 1/2 teaspoon salt
- 1 tablespoon oregano
- 1 tablespoon white vinegar
- 2 bay leaves
- 1/2 cup barbecue sauce
- 2 pounds chicken thighs
- 2 tablespoons extra virgin olive oil Pompeian Robust
- 1 teaspoon adobo
- 1/2 teaspoon salt
- 1 tablespoon oregano
- 1 tablespoon white vinegar
- 2 bay leaves
- 1/2 cup barbecue sauce

Nutrition:

1. Calories: 1180 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 380 milligrams
4. Fat: 82 grams
5. Fiber: 2 grams
6. Protein: 77 grams
7. SaturatedFat: 20 grams
8. Sodium: 2120 milligrams
9. Sugar: 16 grams

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