

Chicken Adobo

Carbs: **13.1g** | Fat: **1.6g** | Fiber: **1.3g** | Protein: **31.1g** | Calories: **190.3**

20 Minutes to prepare and cook **Servings per recipe: 1**
1 serving counts as 1 protein and 1 vegetable

Ingredients

- 100 grams of chicken breast - boneless, skinless
- 100 grams of bok choy
- 1/4 cup apple cider vinegar
- 1/4 cup low sodium soy sauce or Bragg's Aminos
- 1/4 of an onion, diced
- 1 chopped garlic clove
- 1 bay leaf
- 1/4 tsp ginger
- pepper (optional)

Directions

- Marinate raw chicken in soy sauce, apple cider vinegar, and ginger
- Cook onions and garlic until slightly tender.
- Add vinegar, soy sauce, bay leaf, & ginger. Cook on medium for 3 minutes, or until bubbly.
- Reduce heat and add marinated chicken.
- Cook for 10 -15 minutes, until the chicken cooked thoroughly.
- Simmer sauce more if it needs to be thickened.

Add this delicious Chicken Adobo to 100 grams of Bok Choy for a full meal (then this recipe counts as 1 protein + 1 vegetable). You can sauté or steam the bok choy separately, or add it to the chicken and cook in the sauce!

Nutritional Info (not including the bok choy)

Servings Per Recipe: 1

Amount Per Serving

- Calories: 190.3
- Total Fat: 1.6 g
- Cholesterol: 68.4 mg
- Sodium: 983.7 mg
- Total Carbs: 13.1 g
- Dietary Fiber: 1.3 g
- Protein: 31.1 g



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