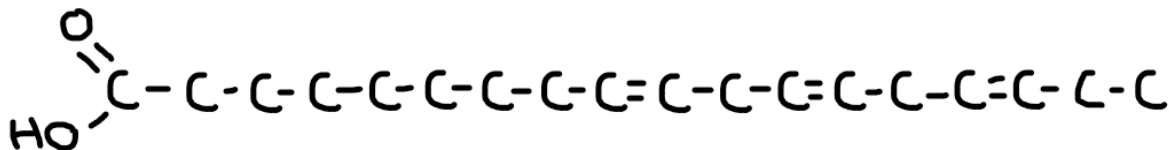


My Favorite Food-Writeup Portion

FATS:

Most of the fat in Chicken Adobo comes from either the boneless skinless chicken thighs or the vegetable oil. The chicken thighs have alpha-linolenic acid (ALA), docosahexaenoic acid (DHA), eicosatetraenoic acid (EPA), and docosapentaenoic acid (DPA). All these fatty acids for the chicken are omega-3 polyunsaturated essential fatty acids. The only differences are in the number of carbons for each fatty acid. ALA contains 18 carbons, both DHA and DPA contain 22 carbons, and EPA contains 20 carbons. The fatty acids in vegetable oil are palmitic acid, a saturated non-essential fatty acid with 16 carbons; stearic acid, a saturated non-essential fatty acid with 18 carbons; oleic acid, a monounsaturated non-essential fatty acid with 18 carbons. It also contains linoleic and alpha-linolenic fatty acids which are both polyunsaturated essential fatty acids with 18 carbons. Linoleic fatty acid is an omega-6 fatty acid.

Alpha-linolenic fatty acid (Most Common)



CARBS:

The main sources of carbohydrates in this recipe for Chicken Adobo are the rice, brown sugar, garlic, small brown onion, and the green onions/scallions. Rice is a rich source of starch and since it is usually jasmine white rice, it contains low fiber content. Brown sugar is a direct source of added sugars. Garlic, small brown onions, and green onions/scallions contain a small amount of the natural sugars, fructose and glucose, and a small number of dietary fibers.

PROTEIN:

The main sources of protein in the dish are the boneless skinless chicken thighs and the soy sauce. The primary source of protein is the boneless skinless chicken, which can be determined as a good source of essential amino acids due to it containing all nine. The nine amino acids contained include histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine.

VITAMINS & MINERALS

Chicken Adobo contains both excellent sources and good sources that are defined by the FDA guidelines. Anything over 20% will be considered an excellent source and anything between 10% to 19% will be considered a good source. Chicken Adobo are excellent sources in Chlorine (27%), Copper (23%), Iron (42%), Niacin/Vitamin B3 (105%), Pantothenic acid (69%), Phosphorus (80%), Riboflavin/Vitamin B2 (28%), Selenium (111%), Thiamine (21%), Vitamin B12 (78%), Vitamin B6 (93%), and Zinc (46%). The good sources are Magnesium (18%), Manganese (18%), and Vitamin A (11%).