

# a:care

KEEP CALM  
STAY BALANCED

QUALITY LIFE BEYOND VERTIGO

Low salt diet helps reduce symptoms of vertigo.<sup>1</sup> Salt intake of less than 2.4 g per day reduces severity of Meniere's Disease.<sup>2</sup>

## ADOBONG MANOK

*Adobo* is a well-loved dish that is usually high in sodium. But with this recipe, you can enjoy the same flavorful dish with less salt.



45 - 60  
minutes



4  
servings



330 mg  
per serving

### Nutrition Facts

Calories	217
Total Fat	8 g
Saturated	2 g
Cholesterol	81 mg
Sodium	330 mg
Total Fiber	2 g
Protein	26 g
Carbohydrates	10 g
Potassium	370 mg



### Fresh Ingredients

- 1 teaspoon olive oil
- 2 cloves fresh crushed garlic
- 2 medium chopped onions
- 1/2 kg chicken breast
- 2 tablespoons soy sauce
- 1/4 cup vinegar
- 1 teaspoon paprika
- 2 tablespoons ground black pepper
- 1 bay leaf, broken in half
- 1 medium red tomato (optional)

### Procedure

1. Combine olive oil, garlic, and onion in a frying pan. Add chicken and sauté together until chicken has browned.
2. Add light soy sauce, vinegar, paprika, black pepper, and bay leaf. Stir.
3. Bring to a boil. Simmer for 45-60 minutes, or until chicken is done.
4. Remove the chicken and save the liquid in the pot. Arrange the chicken on a broiler pan. Broil until the chicken has nicely browned. Remove from the pan and place it on a serving bowl.
5. Continue to boil the sauce in the uncovered pan until volume is reduced to about half and the sauce is thick.
6. Pour the thickened sauce over adobong chicken and garnish with red tomatoes, if desired.



VISIT OUR WEBSITE DEDICATED TO VERTIGO

[www.a-care.ph](http://www.a-care.ph)

Reference: 1. <https://www.omicsonline.org/open-access/current-views-on-treatment-of-vertigo-and-dizziness-2168-9784.1000150.pdf> 2. <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD012173/full> 3. National Heart, Lung and Blood Institute. "Tasty and Healthy - Heart Healthy Filipino Recipes". PDF 4. Food Exchange List for Meal Planning. DOST-FNRI Normal and Clinical Nutrition, 9th Edition

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