

Pressure Cooker Chicken



Ingredients

- 2 tsp sea salt
- 2 tsp black pepper
- 1 tbsp paprika
- 2 tsp dried oregano
- 1 tsp onion powder
- 1 tsp ground cumin
- 2 tbsp cooking olive oil
- 1 whole chicken, about 4lb
- 1 1/2 cups chicken broth
- 1 tbsp garlic

Instructions

1. seasoning all over the outside of the chicken
2. Using the sauté function of the pressure cooker, heat cooking oil. Once hot, add in the chicken, breast side down and cook for 5 minutes
3. Turn the sauté function off, flip the chicken over and then add in the broth and garlic
4. Set the pressure to high and cook for 25 minutes
5. Once finished, let the pressure cooker release naturally
6. Remove the chicken, let rest for 5 minutes before carving

Nutrient	Skinless, boneless breast	Skin-on, bone-in breast	Drumstick, skinless	Drumstick, skin-on	Thigh, skinless	Thigh, skin-on	Wing, skin-on	Wing, without skin	Whole Chicken, meat only	Whole Chicken, meat and skin
Calories	165	197	175	216	209	229	290	203	167	239
Protein (grams)	31	30	28	27	26	25	27	30	25	24
Total fat (grams)	3.6	7.8	5.7	11.2	10.9	15.5	19.5	8.1	6.6	13.4
Saturated fat (grams)	1	2.2	1.5	3	3	4.3	5.4	2.3	1.8	3.7
Monounsaturated fat (grams)	1.2	3	1.9	4.2	4.1	6.1	7.6	2.6	2.5	5.4
Polyunsaturated fat (grams)	0.7	1.7	1.4	2.5	2.5	3.4	4.1	1.8	1.5	2.9
Cholesterol (milligrams)	85	84	93	91	95	93	84	85	75	76
Sodium (milligrams)	74	71	95	90	88	84	82	92	75	73
Iron (milligrams)	1	1	1.3	1.3	1.3	1.3	1.3	1.2	1.2	1.3