

Instant Pot Greek Chicken Kapama

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-kapama-recipe>

Ingredients:

- 6 chicken leg quarters or a whole chicken cut into pieces
- 1/4 cup olive oil
- 1 onion finely chopped
- 4 garlic cloves grated
- salt to taste
- freshly ground black pepper to taste
- 1 bay leaf
- 1 cinnamon stick
- 28 ounces crushed tomatoes
- 1 teaspoon dried oregano
- 1/2 teaspoon crushed red pepper flakes optional
- 1 cup water
- 4 tablespoons fresh chopped parsley
- feta
- olives
- salad

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 160 milligrams
4. Fat: 38 grams
5. Fiber: 5 grams
6. Protein: 40 grams
7. SaturatedFat: 9 grams
8. Sodium: 740 milligrams
9. Sugar: 2 grams

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