

Pressure Cooker Chinese Simmered Chicken

Yield: 6 min
Total Time: 21 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-chicken-rice-recipe-in-rice-cooker>

Ingredients:

- 4 pounds chicken white and/or dark meat, boneless or bone in, skin removed
- 1 tablespoon extra virgin olive oil
- 1/3 cup soy sauce low sodium
- 1/3 cup brown sugar
- 1/4 cup water
- 1/4 cup dry sherry or apple juice
- 1 tablespoon ketchup
- 1/2 teaspoon red pepper flakes crushed
- 1 clove garlic minced
- 1 scallion sliced
- 2 tablespoons potato starch or cornstarch
- 2 teaspoons sesame seeds toasted, optional
- rice already cooked

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 195 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 62 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1120 milligrams
9. Sugar: 9 grams

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