

Instant Pot-Chinese Sesame Chicken

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-instat-pot-chicken-chinese>

Ingredients:

- 2 pounds boneless chicken breasts cut into 1 inch pieces
- 1/2 cup onion peeled and diced
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon canola oil
- 2 teaspoons sesame oil
- 1/2 cup honey
- 1/2 cup soy sauce
- 1/3 cup ketchup
- 1 teaspoon garlic chopped
- 4 tablespoons water
- 4 teaspoons cornstarch if you are looking for gluten free recipe, just use an alternative
- green onions
- sesame seeds

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 145 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 51 grams
7. SaturatedFat: 3 grams
8. Sodium: 2880 milligrams
9. Sugar: 41 grams

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