

Instant Pot Honey Garlic Chicken

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/instant-pot-recipe-for-mexican-rice>

Ingredients:

- 4 boneless skinless chicken breasts
- salt
- pepper
- 1/2 cup honey
- 1/3 cup soy sauce
- 1/3 cup onion diced
- 1/4 cup ketchup
- 2 tablespoons vegetable oil
- 4 garlic cloves minced
- 3 teaspoons cornstarch dissolved in 1/4 cup water
- sesame seeds
- green onion
- rice for serving

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 85 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 30 grams
7. SaturatedFat: 2 grams
8. Sodium: 1200 milligrams
9. Sugar: 26 grams

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