

Instant Pot Whole Chicken

Yield: 8 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/instant-pot-whole-chicken-indian-recipe>

Ingredients:

- 2 teaspoons paprika
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 4 pounds whole chicken see note
- 2 tablespoons olive oil divided
- 1/2 lemon half of an onion, fresh herb sprigs optional
- 1 cup water

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 145 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 46 grams
7. SaturatedFat: 3 grams
8. Sodium: 470 milligrams

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