

Shredded Mexican Chicken (Instant Pot + Slow Cooker)

Yield: 6 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/shredded-mexican-chicken-instantpot-recipe>

Ingredients:

- 14 1/2 ounces fire roasted diced tomatoes canned, 1 can
- 5 chipotle peppers in adobo sauce
- 2 tablespoons brown sugar omit for low-carb version
- 1 teaspoon oregano
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 4 garlic cloves minced
- 1 tablespoon fresh lime juice juice from 1/2 lime
- 3 pounds skinless boneless chicken breast

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 145 milligrams
4. Fat: 7 grams
5. Protein: 48 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 660 milligrams
8. Sugar: 3 grams

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