

# Instant Pot Mexican Chicken

Yield: 6 min  
Total Time: 375 min

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

## Ingredients:

- 2 pounds chicken preferably boneless and skinless, \*see head note
- 1 cup tomato sauce or salsa
- 2 tablespoons worcestershire sauce or soy sauce
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt or more to taste
- fresh cracked black pepper to taste
- 1/2 teaspoon chipotle powder or to taste, optional, for spicy flavor

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 100 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 31 grams
7. SaturatedFat: 2 grams
8. Sodium: 550 milligrams
9. Sugar: 5 grams

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