

Mexican Poblano Instant Pot Chicken

Yield: 7 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-poblano-recipe>

Ingredients:

- 2 tablespoons olive oil
- 5 chicken breasts boneless, skinless
- 2 tablespoons kosher salt
- 2 teaspoons pepper
- 1 1/2 cups red onions peeled and thinly sliced
- 3 poblanos seeded, thinly sliced, Pasilla Peppers or Poblanos in the store
- 3 cloves garlic minced
- 2 tablespoons cumin
- 1 1/2 cups chicken stock
- 1 1/2 cups orange juice
- 12 soft corn tortillas 6-inches

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 105 milligrams
4. Fat: 11 grams
5. Fiber: 5 grams
6. Protein: 41 grams
7. SaturatedFat: 2 grams
8. Sodium: 2340 milligrams
9. Sugar: 11 grams

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