

# Mexican Pulled (Shredded) Chicken

Yield: 6 min  
Total Time: 30 min

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

## Ingredients:

- 2 pounds boneless, skinless chicken thighs see notes for breasts
- 2 tablespoons extra virgin olive oil plus more for skillet, if needed
- 1 tablespoon smoked paprika
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 lime
- fresh cilantro optional
- lime wedges optional

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 95 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 33 grams
7. SaturatedFat: 2 grams
8. Sodium: 580 milligrams
9. Sugar: 1 grams

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