

Instant Pot Braised Chicken with Root Vegetables

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-raised-chicken-with-swiss-chard>

Ingredients:

- 1 chicken 3 1/2 to 4 lb., 1.75 to 2 kg, cut into 8 pieces
- kosher salt
- freshly ground pepper
- all purpose flour for dusting
- 2 tablespoons olive oil
- 1 yellow onion diced
- 2 celery stalks diced
- 2 teaspoons minced garlic
- 1 tablespoon tomato paste
- 1 teaspoon chopped fresh thyme
- 1 tablespoon chicken demi-glace
- 1 cup dry white wine 8 fl. oz./250 ml
- 1 cup chicken broth 8 fl. oz./250 ml
- 2 carrots peeled and cut into 2-inch, 5-cm pieces
- 2 rutabagas small, peeled and quartered
- 2 turnips small, peeled and quartered
- 1 bunch Swiss chard stems removed, leaves cut into strips 1/2 inch, 12 mm wide

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 150 milligrams
4. Fat: 14 grams
5. Fiber: 11 grams
6. Protein: 53 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 710 milligrams

9. Sugar: 19 grams

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