



 **32%**  
HEALTH SCORE

## Instant Pot Chicken Tacos

 **Gluten Free**  **Dairy Free**

READY IN



**25 min.**

SERVINGS



**6**

CALORIES



**546 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black
- 12 medium chicken breast
- 0.3 cup juice of lime freshly squeezed (from 1 medium lime)
- 1 small onion chopped
- 14 ounce salsa canned
- 2 Tablespoons taco seasoning

### Equipment

- instant pot

## Directions

- Season both sides of the chicken with pepper and taco seasoning.
- Place chicken into the bottom of the Instant Pot.
- Top chicken with onion and salsa.
- Secure Instant Pot lid into the lock position.
- Place the lid onto the Instant Pot and turn on the Poultry setting. Set for 12 minutes.
- Once finished, allow the Instant Pot to naturally release pressure for 20 minutes.
- Remove chicken from the Instant Pot and shred.
- Sprinkle with lime juice.
- Serve over rice or with tortillas for some amazingly easy and delicious tacos.

## Nutrition Facts

**PROTEIN 73.92%** **FAT 20.3%** **CARBS 5.78%**

## Properties

Glycemic Index:9.83, Glycemic Load:0.4, Inflammation Score:-7, Nutrition Score:31.49652173913%

## Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

## Nutrients (% of daily need)

Calories: 546.3kcal (27.32%), Fat: 11.86g (18.25%), Saturated Fat: 2.59g (16.17%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 5.85g (2.13%), Sugar: 3.63g (4.03%), Cholesterol: 289.28mg (96.43%), Sodium: 1026.46mg (44.63%), Protein: 97.17g (194.35%), Vitamin B3: 47.92mg (239.61%), Selenium: 145.35µg (207.64%), Vitamin B6: 3.53mg (176.41%), Phosphorus: 977.36mg (97.74%), Vitamin B5: 6.61mg (66.12%), Potassium: 1883.84mg (53.82%), Magnesium: 130.37mg (32.59%), Vitamin B2: 0.48mg (28.23%), Vitamin B1: 0.32mg (21.57%), Zinc: 2.8mg (18.63%), Vitamin B12: 0.9µg (15.07%), Vitamin C: 11.44mg (13.86%), Iron: 2.07mg (11.5%), Vitamin E: 1.69mg (11.29%), Vitamin A: 537.61IU (10.75%), Manganese: 0.19mg (9.46%), Copper: 0.18mg (8.86%), Fiber: 1.74g (6.97%), Folate: 25.25µg (6.31%), Calcium: 47.49mg (4.75%), Vitamin K: 4.09µg (3.89%), Vitamin D: 0.45µg (3.01%)