



Go-To Garlic 'n Herb Shredded Chicken



1/6th of recipe (about 3/4 cup): 143 calories, 3g total fat (0.5g sat fat), 413mg sodium, 1g carbs, <0.5g fiber, 0.5g sugars, 26g protein

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Purple Plan [SmartPoints](#)® value 0*

Prep: 10 minutes **Cook:** 25 minutes



Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

Ingredients

- 1 1/2 lbs. raw boneless skinless chicken breast
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. dried parsley
- 1/2 tsp. dried basil
- 1/2 tsp. dried oregano
- 1/4 tsp. each salt and black pepper
- 2 cups chicken broth

Directions

Place chicken in the Instant Pot, and sprinkle with seasonings.

Add chicken broth. Cover with the lid, aligning the lid arrow with the arrow marked Open. Rotate until aligned with the Close arrow. Set the pressure release valve to the Sealing position.

Press the Manual button, and set time for 8 minutes. (The Instant Pot will preheat for 10 - 15 minutes.)

Press the Keep Warm/Cancel button to turn off the Instant Pot.

Caution: During the next step, keep hands and face away from opening; the fast-escaping steam will be hot! Turn the pressure release handle to the Venting position to let out steam until the float valve drops down.

Transfer chicken to a large bowl, draining the broth. Shred with two forks.

MAKES 6 SERVINGS

HG Tip: Use a dish towel or potholder to remove the lid, allowing steam to escape gradually before uncovering the pot completely.

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.