

My Go-To Protein: Crock Pot or Instant Pot Shredded Chicken



GRAB-AND-GO PROTEIN IS A LIFESAVER IN OUR HOUSE. HAVING SOMETHING TO THROW ON TOP OF SALADS, INSIDE A BURRITO, IN AN OMELET, OR ON ITS OWN SLATHERED IN BBQ SAUCE MAKES FOR SUPER SIMPLE MEAL PREP.

INGREDIENTS

2 lbs. boneless, skinless chicken
breast

Salt and freshly ground

black pepper

garlic powder

1/2 c water

DIRECTIONS

1. From fresh or frozen, dump all ingredients into crock pot
2. Set on HIGH for 6:30
3. Go do something fun
4. Using 2 forks, shred the chicken
5. Store for grab-and-go protein

*For Instant Pot,
Pressure cook for 10 minutes
and allow 5 minutes
for natural release

Nutrition Facts

8 servings per container

Serving size 4 oz (112g)

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 85mg 28%

Sodium 50mg 2%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 26g 52%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.