

Instant Pot Buffalo Chicken Tacos

Ingredients

Buffalo Chicken:

- 1.25 lb. **boneless skinless chicken breast or thighs**
- 1/2 teaspoon **onion powder**
- **salt and pepper to taste**
- 1/4 cup **buffalo sauce**

Ranch:

- 1/2 cup light **mayonnaise (olive oil based)**
- 1/4 cup **olive oil**
- 1/4 cup **water**
- 1 tablespoon **white vinegar**
- 1 clove **garlic**
- 1 teaspoon **dried dill** (or about 1/4 cup fresh)
- 1/4 cup fresh **parsley**
- 1/2 teaspoon **onion powder**
- 1/2 teaspoon **salt**
- **black pepper to taste**

Tacos:

- **whole wheat tortillas or wraps**
- **shredded cabbage**
- **cilantro**
- **avocado**
- **limes**

Instructions

1. Place chicken, seasonings, and buffalo sauce in the Instant Pot. Set pot to high pressure and cook for 15 minutes. Allow for natural pressure release for 5-10 minutes. Then shred chicken is with 2 forks.
2. While chicken cooks, make the ranch. Combine everything in a food processor/blender and pulse until smooth.
3. Transfer shredded chicken and sauce to a baking sheet. Broil for 10-15 minutes until browned and crispy.
4. Assemble tacos: buffalo chicken, mashed avocado, shredded cabbage, lime squeeze, cheese of choice, and ranch all in a nice fluffy tortilla.



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Nutrition Facts

Per serving, recipe makes 4

465 calories, 21 gm carb, 35 gm fat, 12 gm protein, 875 mg sodium

Recipe from Pinch of Yum: <https://pinchofyum.com/instant-pot-buffalo-chicken-tacos#tasty-recipes-59241-jump-target>



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