



Pressure Cooker BBQ Chicken

GF
option

INGREDIENTS

¾ cup Lillie's smoky barbecue sauce, divided; plus additional for coating
⅓ cup Hy-Vee apple cider flavored vinegar
2 tsp salt-free chicken seasoning
¼ tsp Hy-Vee salt
6 Hy-Vee True chicken drumsticks (about 1½ lbs.)

PREPARATION

- 1 Combine ½ cup barbecue sauce, apple cider flavored vinegar, chicken seasoning, and slat in a 6-quart pressure cooker or Instant Pot. Coat drumsticks with sauce.
- 2 Arrange, skin sides down, in pressure cooker. Cover; cook on HIGH PRESSURE 12 minutes or until chicken reaches 165°. Naturally release pressure 10 minutes; move to VENTING position (Quick Release) to release remaining pressure.
- 3 Transfer chicken to a platter; cover. Reserve ¼ cup cooking juices; combine with an additional ¼ cup barbecue sauce in pressure cooker. Cook on SAUTÉ for 5 minutes, stirring occasionally. Pour over chicken.

NUTRITION FACTS

Calories: 490
Total Fat: 20g
Saturated Fat: 5g
Trans Fat: 0g
Cholesterol: 180mg

Sodium: 940mg
Carbohydrates: 32g
Fiber: 0g
Sugar: 28g
Protein: 45g