

Instant Pot Honey Garlic Chicken



Sweet, savory, tender and OH SO juicy chicken thighs prepared with the most amazing honey garlic sauce and cooked in an Instant Pot.

SmartPoints Blue: 8 Green: 8 Purple: 8 Freestyle: 10

Course Dinner

Cuisine Asian

Prep Time 5 minutes

Cook Time 20 minutes

Total Time 25 minutes

Servings 6 servings

Calories 244 kcal

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Ingredients

- 1/3 cup honey
- 4 cloves garlic, minced
- 1/2 cup [low sodium soy sauce](#) (see notes for alternatives)
- 1/2 cup no salt ketchup
- 1/2 teaspoon dried oregano
- 2 tablespoons chopped fresh parsley
- 1 tablespoon sesame seed oil
- 4 to 6 bone-in, skinless chicken thighs
- salt and fresh ground pepper, to taste
- 1/2 tablespoon toasted sesame seeds, for garnish
- sliced green onions, for garnish

Instructions

1. In a small mixing bowl combine honey, minced garlic, soy sauce, ketchup, oregano and parsley; mix until well combined and set aside.
2. Heat the Instant Pot in sauté mode.
3. Add sesame oil to the pot.
4. Season chicken thighs with salt and pepper; arrange in the instant pot and cook for about 2 to 3 minutes per side.
5. Add the prepared honey garlic sauce to the pot; cover and lock the lid.
6. Cook in poultry mode for 20 minutes.
7. Turn off the pot and allow it to release the pressure, about 5 minutes.
8. Transfer chicken to a serving plate and spoon the sauce over the chicken.
9. Garnish with toasted sesame seeds and green onions.
10. Serve.

Recipe Notes

WW Freestyle SMART POINTS: 10

*IF you are allergic to soy sauce or can't have soy for other reasons, feel free to use coconut aminos which is soy-free, gluten-free, and vegan.

Nutrition Facts

Instant Pot Honey Garlic Chicken

Amount Per Serving (1 thigh)

Calories 244 Calories from Fat 54

% Daily Value*	
Fat 6g	9%
Saturated Fat 1g	5%
Cholesterol 96mg	32%
Sodium 880mg	37%
Potassium 313mg	9%
Carbohydrates 23g	8%
Fiber 0g	0%
Sugar 17g	19%
Protein 21g	42%
Vitamin A 135IU	3%
Vitamin C 2.4mg	3%
Calcium 27mg	3%
Iron 1.6mg	9%

* Percent Daily Values are based on a 2000 calorie diet.

Keywords: how to cook chicken thighs, instant pot chicken recipes, instant pot chicken thighs recipe