

# Low-Carb Sweet & Smoky Pulled Chicken

Hands-on 10 minutes Overall 30 minutes



**Nutritional values (per serving):** Total carbs: 5.8 g, Fiber: 1.6 g, **Net carbs: 4.3 g,**

Protein: 29.2 g, Fat: 12.7 g, Calories: 259 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

## Ingredients (makes 6 servings)

750 g chicken breasts, skinless and boneless (1.65 lb)

400 ml unsweetened tomato passata (sauce) (13.5 fl oz)

100 ml apple cider vinegar (3.5 fl oz)

3 tbsp [Swerve](#) or [Erythritol](#) (30 g/ 1.1 oz)

*Optional:* 1 tbsp molasses (20 g/ 0.7 oz) - see note below

1 tsp sea salt

1 tsp black pepper

1 tsp garlic powder

1/4 tsp cayenne pepper, or to taste

1 tbsp smoked paprika

3 tbsp [coconut aminos](#) (45 ml)

1/4 cup [extra virgin olive oil](#) (60 ml)

*Optional:* 1 cup sour cream, full-fat yogurt or creme fraiche to serve

*Note: A tablespoon of molasses will add about 2 grams of net carbs per serving. If you want to achieve similar results but don't want to add extra carbs to your keto meal, you can swap the 3 tablespoons of [Swerve](#) for 3-5 tablespoons of brown sugar substitute such as [Sukrin](#) or [Lakanto](#).*

## Instructions

1. Place the chicken breasts into the base of your [Instant Pot](#).  
Combine all other ingredients (except for the olive oil) in a mixing bowl and whisk to combine.
2. Pour sauce over chicken breasts and place lid on pot.
3. Lock off and set to pressure cook on *high* for 15 minutes (or slow cook on low for 6 hours). Once finished, release the steam if applicable and remove the chicken.
4. Place the chicken in a dish and shred with two forks. If the sauce is too runny, you could thicken it with about 1/2 teaspoon of xanthan gum, but I've never had to. Spoon the sauce over the chicken.
5. Combine well until the chicken is coated from all sides. Drizzle the

olive oil over the chicken and combine.

6. Store in the refrigerator, covered, for up to 7 days. Best served with non-starchy veggies such as zucchini noodles, cauliflower rice, cauliflower mash, shirataki rice or in crispy lettuce leaves.
7. Optionally, serve with sour cream, full-fat yogurt or creme fraiche.

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