
Instant Pot Recipes Anti Inflammation Diet Optimal

tuscan chicken stew recipe - healthy recipes, low-calorie ... - prep: 15 minutes tuscan chicken stew so flavorful, so filling... this recipe is a total home run! 1/6th of recipe (about 1 1/3 cups): 289 calories, 3.5g total fat (0.5g **go-to garlic 'n herb shredded chicken recipe - hungry girl** - prep: 10 minutes go-to garlic 'n herb shredded chicken 1/6th of recipe (about 3/4 cup): 143 calories, 3g total fat (0.5g sat fat), 413mg sodium, 1g carbs,