

Amelia's Slow Cooker Brunswick Stew



Gluten Free



Dairy Free

READY IN



510 min.

SERVINGS



8

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes diced canned
- ☐ 2 cubes chicken bouillon
- ☐ 0.5 cup cider vinegar
- ☐ 0.5 tablespoon ground pepper black
- ☐ 1 tablespoon hot sauce
- ☐ 1 juice of lemon juiced
- ☐ 0.8 cup catsup
- ☐ 1 cup lima beans *soaked overnight frozen thawed

- ☐ 1 onion chopped
- ☐ 1 pound pork ribs country style
- ☐ 1 roasted chicken shredded
- ☐ 10 fluid ounce steak sauce
- ☐ 1 tablespoon vegetable oil
- ☐ 15 ounce kernel corn whole undrained canned
- ☐ 2 tablespoons worcestershire sauce

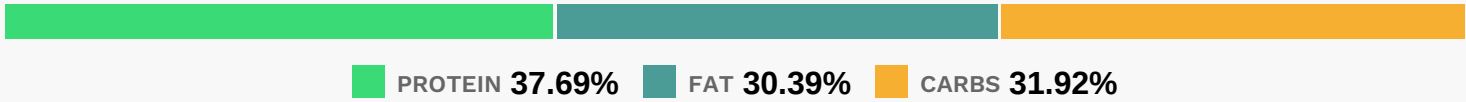
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat the vegetable oil in a skillet over medium heat, and brown the ribs on all sides.
- ☐ Transfer to a slow cooker.
- ☐ Place onion in the skillet, cook until tender, and transfer to the slow cooker.
- ☐ Place the chicken in the slow cooker, and mix in tomatoes, ketchup, steak sauce, cider vinegar, Worcestershire sauce, hot sauce, lemon, chicken bouillon, and pepper.
- ☐ Cover, and cook 6 hours on High.
- ☐ Remove ribs, discard bones, and shred. Return meat to slow cooker.
- ☐ Mix in corn and lima beans, cover, and continue cooking 2 hours on High.

Nutrition Facts



Properties

Glycemic Index:21.06, Glycemic Load:3.45, Inflammation Score:-7, Nutrition Score:24.040434619655%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 454.9kcal (22.74%), Fat: 15.29g (23.52%), Saturated Fat: 3.5g (21.86%), Carbohydrates: 36.12g (12.04%), Net Carbohydrates: 31.63g (11.5%), Sugar: 14.66g (16.28%), Cholesterol: 117.27mg (39.09%), Sodium: 1245.87mg (54.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.67g (85.33%), Vitamin B3: 13.04mg (65.18%), Selenium: 43.66µg (62.37%), Vitamin B6: 0.97mg (48.68%), Phosphorus: 408.02mg (40.8%), Potassium: 1118.49mg (31.96%), Manganese: 0.55mg (27.38%), Iron: 4.65mg (25.84%), Zinc: 3.7mg (24.65%), Vitamin B2: 0.41mg (24.19%), Vitamin B1: 0.36mg (23.94%), Copper: 0.46mg (23.03%), Vitamin B5: 2.17mg (21.74%), Vitamin C: 17.7mg (21.46%), Magnesium: 81.57mg (20.39%), Fiber: 4.5g (17.99%), Folate: 62.67µg (15.67%), Vitamin E: 2.28mg (15.21%), Vitamin B12: 0.72µg (11.94%), Vitamin K: 11.09µg (10.57%), Vitamin A: 498.48IU (9.97%), Calcium: 82.49mg (8.25%), Vitamin D: 0.26µg (1.72%)