



15%  
HEALTH SCORE

## Aunt Dot's Brunswick Stew

 **Gluten Free**  **Dairy Free**

READY IN



210 min.

SERVINGS



6

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 slices bacon diced
- 29 ounce tomatoes diced with juice peeled canned
- 15 ounce peas drained canned
- 3 teaspoons garlic salt to taste
- 3 teaspoons pepper black to taste
- 1 pound pd of ground turkey
- 1 onion chopped
- 2 potatoes diced

- 3 teaspoons salt to taste
- 1 tablespoon sugar
- 2 cups water
- 15.3 ounce corn whole with liquid canned

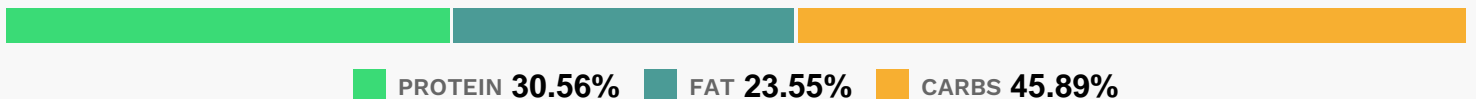
## Equipment

- sauce pan
- pot

## Directions

- Bring water to boil in a saucepan; add potatoes, and boil until tender ( about 15 minutes).
- Pour the potatoes and the water used to boil them into a large pot. Stir in onion, peas, corn, tomatoes, ground turkey, and bacon. Bring to a boil. Cover, reduce heat to medium-low, and simmer for 2 hours, stirring occasionally.
- Stir in the salt, pepper, garlic salt, and sugar. If stew appears too watery, stir together flour and some of the stew liquid in a small cup, and then stir mixture into the stew. Continue cooking for 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:35.47, Glycemic Load:10.98, Inflammation Score:-8, Nutrition Score:22.051739130435%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg

## Nutrients (% of daily need)

Calories: 335.77kcal (16.79%), Fat: 8.97g (13.79%), Saturated Fat: 2.6g (16.26%), Carbohydrates: 39.31g (13.1%), Net Carbohydrates: 33.47g (12.17%), Sugar: 8.86g (9.85%), Cholesterol: 51.26mg (17.09%), Sodium: 2914.79mg

(126.73%), Protein: 26.18g (52.36%), Vitamin B6: 1.12mg (55.97%), Vitamin B3: 10.95mg (54.76%), Vitamin C: 34.84mg (42.23%), Phosphorus: 340.32mg (34.03%), Selenium: 21.09µg (30.12%), Potassium: 1007.86mg (28.8%), Manganese: 0.57mg (28.37%), Vitamin A: 1275.56IU (25.51%), Fiber: 5.84g (23.34%), Iron: 3.75mg (20.86%), Vitamin K: 21.7µg (20.67%), Magnesium: 80.87mg (20.22%), Vitamin B1: 0.28mg (18.71%), Zinc: 2.67mg (17.8%), Folate: 69.93µg (17.48%), Copper: 0.35mg (17.44%), Vitamin B2: 0.22mg (13.19%), Vitamin B5: 1.22mg (12.2%), Calcium: 82.09mg (8.21%), Vitamin B12: 0.46µg (7.65%), Vitamin E: 1.08mg (7.22%), Vitamin D: 0.36µg (2.41%)