



Bama Burgoo

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups d angel hair coleslaw
- 0.5 teaspoon pepper black
- 0.8 pound pork loin roast boneless trimmed
- 14.5 ounce beef broth canned
- 29 ounce tomatoes diced with basil, garlic, and oregano canned
- 1.8 cups carrots sliced
- 1.5 cups celery chopped
- 12 ounce chicken breast halves bone-in skinless

- 1 teaspoon thyme leaves dried
- 29 ounce less-sodium chicken broth fat-free canned
- 0.3 cup parsley fresh chopped
- 3 garlic cloves minced
- 1 cup bell pepper green chopped
- 0.3 teaspoon ground pepper red
- 1 teaspoon olive oil
- 2 cups onion chopped (1 large)
- 0.5 teaspoon salt
- 11 ounce spicy-hot vegetable juice canned (such as V-8)
- 16 ounce vegetable soup mix frozen with tomatoes (such as mckenzie's)

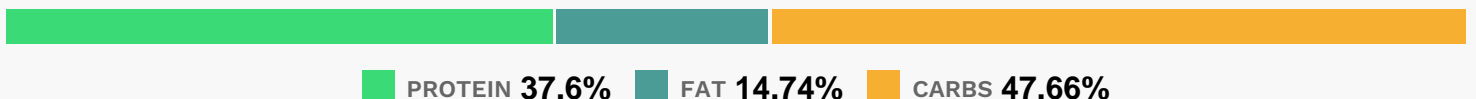
Equipment

- frying pan
- oven
- dutch oven

Directions

- Preheat oven to 37
- Arrange chicken and pork roast on a jelly-roll pan coated with cooking spray.
- Bake at 375 for 35 minutes or until done.
- Remove chicken and pork roast from pan; cool. Shred meat with 2 forks.
- Heat oil over medium-high heat in a large Dutch oven coated with cooking spray.
- Add onion and next 4 ingredients; saut 8 minutes or until tender. Stir in shredded meat, tomato, and next 9 ingredients. Bring to a boil; cover, reduce heat, and simmer, 45 minutes. Stir in parsley.

Nutrition Facts



Properties

Glycemic Index:24.79, Glycemic Load:4.9, Inflammation Score:-10, Nutrition Score:16.702173886092%

Flavonoids

Apigenin: 3.17mg, Apigenin: 3.17mg, Apigenin: 3.17mg, Apigenin: 3.17mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

Nutrients (% of daily need)

Calories: 143.01kcal (7.15%), Fat: 2.39g (3.67%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 17.38g (5.79%), Net Carbohydrates: 14g (5.09%), Sugar: 4.28g (4.75%), Cholesterol: 28.8mg (9.6%), Sodium: 590.51mg (25.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.71g (27.42%), Vitamin A: 4484.02IU (89.68%), Vitamin C: 27.45mg (33.27%), Vitamin K: 30.71µg (29.25%), Selenium: 20.11µg (28.73%), Vitamin B6: 0.54mg (26.9%), Vitamin B3: 5.36mg (26.82%), Phosphorus: 168.53mg (16.85%), Potassium: 558.46mg (15.96%), Manganese: 0.3mg (14.83%), Vitamin B1: 0.22mg (14.53%), Fiber: 3.38g (13.53%), Vitamin B2: 0.17mg (9.9%), Magnesium: 37.31mg (9.33%), Iron: 1.64mg (9.1%), Vitamin B5: 0.82mg (8.21%), Folate: 30.3µg (7.58%), Copper: 0.15mg (7.39%), Zinc: 0.99mg (6.63%), Calcium: 55.01mg (5.5%), Vitamin B12: 0.29µg (4.83%), Vitamin E: 0.68mg (4.57%)