

Brunswick Stew

READY IN



130 min.

SERVINGS



8

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce half bag baby lima beans frozen
- 1.5 cups barbecue sauce
- 4 tablespoons butter ()
- 0.3 teaspoon cayenne pepper
- 4 cups chicken stock see homemade
- 16 ounce half bag corn kernels frozen
- 8 servings soda crackers for serving
- 15 ounce canned tomatoes (fire roasted with their juices) canned
- 3 cloves garlic minced

- 1 pinch salt and ground pepper
- 8 servings hot sauce for serving
- 1 tablespoon brown sugar light
- 1.5 pounds barbequed pulled pork smoked
- 1 large vidalia onion finely chopped
- 2 tablespoons worcestershire sauce

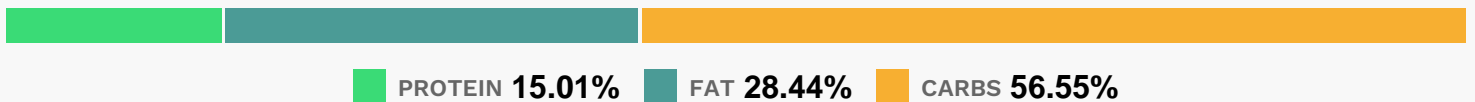
Equipment

- dutch oven

Directions

- Watch how to make this recipe.
- Melt the butter in a large Dutch oven over medium-high heat. Once melted and foamy, add the garlic and onions and saute until soft, about 4 minutes. Stir in the tomatoes, chicken stock, barbecue sauce, Worcestershire, brown sugar, cayenne, smoked pork, lima beans, corn and a big pinch of salt and pepper. Bring the mixture to a boil, reduce to a simmer and cook over medium-low until thick and stewey, about 1 1/2 hours, stirring on occasion.
- Serve with hot sauce, cornbread or soda crackers.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.11, Inflammation Score:-7, Nutrition Score:13.688695729427%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg

Nutrients (% of daily need)

Calories: 570.87kcal (28.54%), Fat: 18.36g (28.25%), Saturated Fat: 7.05g (44.08%), Carbohydrates: 82.13g (27.38%), Net Carbohydrates: 75.92g (27.61%), Sugar: 41.12g (45.69%), Cholesterol: 55.22mg (18.41%), Sodium: 1706.37mg (74.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.8g (43.61%), Manganese: 0.67mg (33.54%), Fiber: 6.21g (24.85%), Iron: 4.14mg (23%), Vitamin B3: 4.25mg (21.24%), Potassium: 693.56mg (19.82%), Phosphorus: 189.25mg (18.92%), Vitamin B2: 0.29mg (16.79%), Folate: 65.64µg (16.41%), Vitamin A: 801.63IU (16.03%), Vitamin B1: 0.23mg (15.56%), Vitamin B6: 0.31mg (15.25%), Calcium: 143.89mg (14.39%), Vitamin C: 11.67mg (14.15%), Magnesium: 55.49mg (13.87%), Copper: 0.25mg (12.54%), Vitamin K: 9.95µg (9.48%), Selenium: 6.09µg (8.69%), Vitamin E: 1.27mg (8.46%), Zinc: 0.98mg (6.53%), Vitamin B5: 0.51mg (5.12%)