



Brunswick Stew

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

READY IN

ready

35 min.

SERVINGS

servings

10

CALORIES

calories

278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups chicken broth
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 10 ounce regular corn frozen
- ☐ 0.5 cup catsup
- ☐ 10 ounce petite lima beans frozen
- ☐ 24 ounce barbecued pork shredded
- ☐ 16 ounce vegetable gumbo mixture frozen

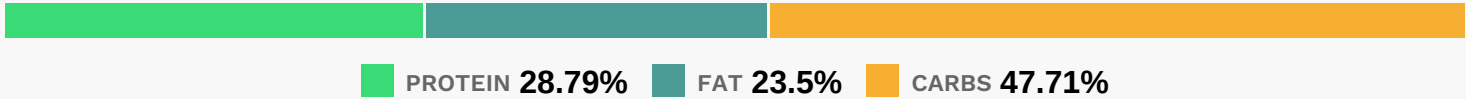
Equipment

dutch oven

Directions

Bring all ingredients to a boil in a Dutch oven over medium–high heat, stirring often. Cover, reduce heat to low, and simmer, stirring occasionally, 25 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:7.65, Glycemic Load:3.17, Inflammation Score:–9, Nutrition Score:11.145217418671%

Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 278.4kcal (13.92%), Fat: 7.54g (11.6%), Saturated Fat: 2.2g (13.75%), Carbohydrates: 34.45g (11.48%), Net Carbohydrates: 29.82g (10.84%), Sugar: 13.59g (15.11%), Cholesterol: 51.67mg (17.22%), Sodium: 820.21mg (35.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.79g (41.58%), Vitamin A: 2480.98IU (49.62%), Fiber: 4.63g (18.51%), Vitamin B3: 3.7mg (18.48%), Manganese: 0.35mg (17.54%), Phosphorus: 142.59mg (14.26%), Vitamin B6: 0.27mg (13.68%), Iron: 2.34mg (13.02%), Selenium: 8.94µg (12.77%), Folate: 50.5µg (12.63%), Potassium: 434.05mg (12.4%), Vitamin B1: 0.16mg (10.91%), Vitamin B2: 0.18mg (10.69%), Vitamin C: 8.48mg (10.27%), Magnesium: 40.29mg (10.07%), Copper: 0.16mg (8%), Zinc: 1.17mg (7.78%), Calcium: 59.29mg (5.93%), Vitamin B5: 0.56mg (5.61%), Vitamin E: 0.25mg (1.7%), Vitamin B12: 0.1µg (1.59%)