



Brunswick Stew

 Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce frangelico whole drained chopped canned
- ☐ 1 teaspoon ground pepper
- ☐ 1 cup flour all-purpose
- ☐ 10 ounce corn frozen
- ☐ 2 garlic clove finely chopped
- ☐ 1 medium bell pepper green chopped
- ☐ 10 ounce lima beans *soaked overnight frozen
- ☐ 1.8 cups chicken broth reduced-sodium

- ☐ 1 medium onion chopped
- ☐ 3 pound chicken with a cleaver through bones into 2-inch pieces cut
- ☐ 1 bay leaves
- ☐ 0.3 cup vegetable oil divided

Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Pat rabbit dry and sprinkle evenly with 1 teaspoon salt and 1/2 teaspoon black pepper.
- ☐ Whisk together flour and cayenne in a shallow bowl, then dredge rabbit in flour, shaking off excess.
- ☐ Heat 2 tablespoons oil in a wide 6- to 7-quart heavy pot over medium heat until it shimmers. Brown half of rabbit, turning once, about 10 minutes total.
- ☐ Transfer to a plate.
- ☐ Add 1 tablespoon oil to pot and brown remaining rabbit; transfer to plate.
- ☐ Add remaining tablespoon oil to pot along with onion, bell pepper, garlic, 3/4 teaspoon salt, and 1/2 teaspoon pepper and cook, stirring and scraping up brown bits, until vegetables are softened, about 8 minutes.
- ☐ Add bay leaf, broth, tomatoes with juice, and rabbit with any meat juices from plate and bring to a simmer. Simmer, covered, 50 minutes.
- ☐ Stir in corn and lima beans, then simmer, uncovered, until stew is slightly thickened and vegetables are tender, 15 to 20 minutes. Season with salt and pepper. Discard bay leaf.
- ☐ Per serving, assuming eight servings: 445 calories, 25g fat (6g saturated), 86mg cholesterol, 523mg sodium, 29g carbohydrate, 5g fiber, 28g protein
- ☐ Gourmet
- ☐ See Nutrition Data's analysis of this recipe ›

Nutrition Facts



 PROTEIN **22.59%**  FAT **46.12%**  CARBS **31.29%**

Properties

Glycemic Index:34.25, Glycemic Load:14.13, Inflammation Score:-8, Nutrition Score:19.850434842317%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 515.74kcal (25.79%), Fat: 26.76g (41.17%), Saturated Fat: 6.36g (39.77%), Carbohydrates: 40.86g (13.62%), Net Carbohydrates: 34.9g (12.69%), Sugar: 2.81g (3.13%), Cholesterol: 81.65mg (27.22%), Sodium: 102.18mg (4.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.49g (58.98%), Vitamin B3: 10.72mg (53.61%), Selenium: 25.51µg (36.44%), Vitamin B6: 0.64mg (32.25%), Phosphorus: 308.54mg (30.85%), Vitamin C: 23.02mg (27.9%), Manganese: 0.55mg (27.69%), Folate: 108.65µg (27.16%), Vitamin B1: 0.38mg (25.1%), Fiber: 5.96g (23.83%), Potassium: 738.46mg (21.1%), Iron: 3.7mg (20.55%), Vitamin K: 21.17µg (20.16%), Vitamin B2: 0.34mg (19.79%), Magnesium: 67.07mg (16.77%), Zinc: 2.5mg (16.65%), Vitamin B5: 1.47mg (14.68%), Copper: 0.28mg (13.85%), Vitamin E: 1.34mg (8.96%), Vitamin A: 367.87IU (7.36%), Vitamin B12: 0.41µg (6.77%), Calcium: 36.42mg (3.64%), Vitamin D: 0.22µg (1.45%)