



Brunswick Stew



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



926 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 43.5 ounce tomatoes diced canned
- ☐ 32 ounce chicken broth
- ☐ 5 pound chickens whole
- ☐ 32 ounce kernel corn whole yellow frozen thawed
- ☐ 2 tablespoons hot sauce
- ☐ 24 ounce catsup
- ☐ 2 medium onions chopped

- ☐ 1 tablespoon pepper
- ☐ 8 servings hickory wood chips
- ☐ 3 pound boston butt pork roast
- ☐ 1 tablespoon salt
- ☐ 0.5 cup vinegar white
- ☐ 0.5 cup worcestershire sauce
- ☐ 32 ounce butterbeans frozen thawed
- ☐ 32 ounce butterbeans frozen thawed

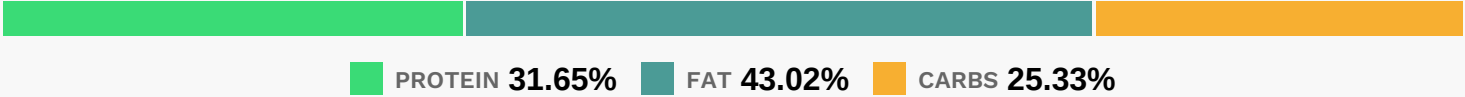
Equipment

- ☐ frying pan
- ☐ kitchen thermometer
- ☐ dutch oven

Directions

- ☐ Soak wood chips in water for at least 30 minutes.
- ☐ Prepare charcoal fire in smoker; let burn 15 to 20 minutes.
- ☐ Drain wood chips, and place on coals.
- ☐ Place water pan in smoker; add water to depth of fill line.
- ☐ Remove and discard giblets from chicken. Tuck wings under; tie with string, if desired.
- ☐ Place chicken and pork on lower food rack; cover with smoker lid.
- ☐ Cook chicken 2 1/2 hours; cook pork 6 hours or until a meat thermometer inserted into thickest portion registers 16
- ☐ Let cool.
- ☐ Remove chicken from bone. Chop chicken and pork.
- ☐ Stir together chicken, pork, diced tomatoes, corn, and remaining ingredients in a 6-quart Dutch oven. Cover and simmer over low heat, stirring occasionally, 2 1/2 to 3 hours.
- ☐ *2 pounds smoked, cooked chicken and 2 1/2 pounds smoked, cooked pork may be substituted.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:0.83, Inflammation Score:-9, Nutrition Score:46.456087070963%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg

Nutrients (% of daily need)

Calories: 926.23kcal (46.31%), Fat: 44.07g (67.79%), Saturated Fat: 12.9g (80.61%), Carbohydrates: 58.38g (19.46%), Net Carbohydrates: 55.87g (20.32%), Sugar: 31.88g (35.42%), Cholesterol: 282.3mg (94.1%), Sodium: 3040.52mg (132.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.95g (145.89%), Vitamin B3: 24.41mg (122.04%), Selenium: 73.61µg (105.15%), Vitamin B6: 1.9mg (94.94%), Vitamin B1: 1.22mg (81.21%), Phosphorus: 809.01mg (80.9%), Vitamin B2: 1.35mg (79.47%), Zinc: 9.22mg (61.48%), Vitamin B12: 3.62µg (60.32%), Potassium: 1869.24mg (53.41%), Vitamin B5: 5.07mg (50.69%), Vitamin A: 2387.02IU (47.74%), Iron: 8.13mg (45.16%), Vitamin C: 31.48mg (38.16%), Magnesium: 125.77mg (31.44%), Copper: 0.59mg (29.48%), Folate: 113.89µg (28.47%), Manganese: 0.55mg (27.35%), Vitamin E: 2.77mg (18.5%), Calcium: 147.45mg (14.74%), Fiber: 2.51g (10.03%), Vitamin K: 8.61µg (8.2%), Vitamin D: 1.02µg (6.8%)