



Brunswick Stew



Gluten Free



Dairy Free

READY IN



390 min.

SERVINGS



61

CALORIES



83 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounce baby lima beans undrained canned
- ☐ 15 ounce baby lima beans undrained canned
- ☐ 0.3 cup butter
- ☐ 30 ounce regular corn cream-style canned
- ☐ 56 ounce tomatoes whole undrained chopped canned
- ☐ 16 ounce baby lima beans frozen
- ☐ 2 teaspoons hot sauce
- ☐ 1 teaspoon pepper

- ☐ 3 medium potatoes diced peeled
- ☐ 1 tablespoon salt
- ☐ 0.3 cup sugar
- ☐ 2 quarts water
- ☐ 3.5 pound meat from a rotisserie chicken whole
- ☐ 1 large onion diced yellow

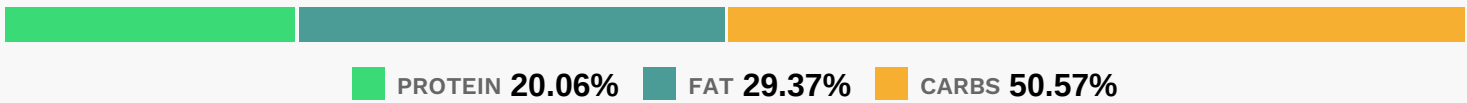
Equipment

- ☐ sieve
- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Bring 2 quarts water and chicken to a boil in a Dutch oven; reduce heat, and simmer 40 minutes or until tender.
- ☐ Remove chicken, and set aside. Reserve 3 cups broth in Dutch oven. (Reserve remaining broth for other uses.)
- ☐ Pour canned lima beans and liquid through a wire-mesh strainer into Dutch oven, reserving beans; add tomato to Dutch oven.
- ☐ Bring to a boil over medium-high heat; cook, stirring often, 40 minutes or until liquid is reduced by one-third.
- ☐ Skin, bone, and shred chicken. Mash reserved beans with a potato masher.
- ☐ Add chicken, mashed and frozen beans, potato, and onion to Dutch oven. Cook over low heat, stirring often, 3 hours and 30 minutes.
- ☐ Stir in corn and remaining ingredients; cook over low heat, stirring often, 1 hour.

Nutrition Facts



Properties

Glycemic Index:3.49, Glycemic Load:1.97, Inflammation Score:-2, Nutrition Score:4.3173912912607%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 83.28kcal (4.16%), Fat: 2.81g (4.32%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 10.87g (3.62%), Net Carbohydrates: 9.15g (3.33%), Sugar: 2.25g (2.5%), Cholesterol: 9.37mg (3.12%), Sodium: 216.94mg (9.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.63%), Manganese: 0.24mg (12.08%), Vitamin C: 7.23mg (8.77%), Vitamin B6: 0.15mg (7.41%), Vitamin B3: 1.47mg (7.35%), Fiber: 1.72g (6.88%), Potassium: 234.51mg (6.7%), Phosphorus: 59.01mg (5.9%), Magnesium: 22.42mg (5.6%), Iron: 0.94mg (5.2%), Copper: 0.09mg (4.56%), Folate: 15.85µg (3.96%), Vitamin B1: 0.06mg (3.71%), Vitamin B2: 0.06mg (3.37%), Selenium: 2.3µg (3.29%), Zinc: 0.44mg (2.96%), Vitamin A: 138.63IU (2.77%), Vitamin B5: 0.25mg (2.46%), Calcium: 19.15mg (1.92%), Vitamin E: 0.27mg (1.8%), Vitamin K: 1.87µg (1.78%)