



 **41%**
HEALTH SCORE

Brunswick Stew for a Crowd

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

READY IN



180 min.

SERVINGS



9

CALORIES



707 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup barbecue sauce to taste ()
- 2 bay leaves
- 1 tablespoon pepper black to taste
- 15 ounce corn canned
- 56 ounce tomatoes diced with juice canned
- 3 carrots diced peeled
- 1 chicken whole
- 2 garlic clove crushed peeled

- 15 ounce green beans canned
- 1 teaspoon hot sauce to taste
- 30 ounce lima beans *soaked overnight frozen canned (can use)
- 1 medium onion diced peeled
- 1 lb fatty pork
- 3 medium yukon gold potatoes diced peeled well (yukon gold works)
- 1 teaspoon bell pepper red to taste
- 1 tablespoon salt to taste
- 2 quart vegetable juice canned
- 9 servings water
- 15 ounce corn syrup white canned

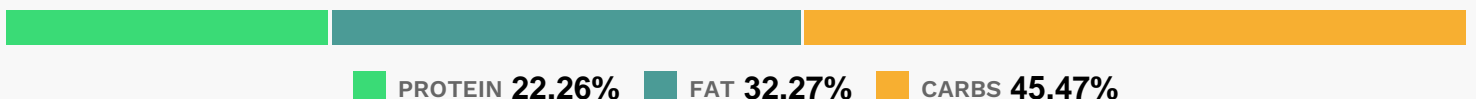
Equipment

- pot

Directions

- Put a 14-quart cast iron pot on outdoor gas flame (be sure it is secure and won't tip over and that children are kept away).Put in about 1 gallon of water, whole chicken (discard giblets) and bay leaves and bring to a boil.
- Let boil 30 minutes or until the chicken is done.When the chicken is done, remove it from the pot, leaving the broth boiling, and set it aside to cool.
- Add all vegetables and barbecued pork to the chicken broth remaining in the pot.Debone and shred the chicken meat and add to the pot.
- Add enough V-8 juice to get the desired consistency.
- Add garlic and seasonings.Cook on high simmer/low boil for 1-2 hours, stirring occasionally to keep vegetables from settling to the bottom of the pot.Taste before serving and add additional seasoning if necessary.

Nutrition Facts



Properties

Glycemic Index:41.34, Glycemic Load:16.36, Inflammation Score:-10, Nutrition Score:41.52695651158%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 707.24kcal (35.36%), Fat: 25.8g (39.7%), Saturated Fat: 8g (50.01%), Carbohydrates: 81.81g (27.27%), Net Carbohydrates: 66.69g (24.25%), Sugar: 31.56g (35.07%), Cholesterol: 99.77mg (33.26%), Sodium: 1930.94mg (83.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.04g (80.09%), Vitamin C: 104.57mg (126.75%), Vitamin A: 5878.54IU (117.57%), Potassium: 2204.56mg (62.99%), Vitamin B3: 12.12mg (60.6%), Vitamin B6: 1.21mg (60.52%), Fiber: 15.12g (60.5%), Manganese: 1.15mg (57.33%), Vitamin B1: 0.81mg (54.25%), Phosphorus: 483.43mg (48.34%), Selenium: 30.47µg (43.53%), Iron: 7.49mg (41.58%), Folate: 155.23µg (38.81%), Magnesium: 142.83mg (35.71%), Vitamin K: 34.3µg (32.67%), Copper: 0.63mg (31.44%), Vitamin B2: 0.5mg (29.66%), Zinc: 4.2mg (27.97%), Vitamin B5: 2.48mg (24.8%), Calcium: 178.94mg (17.89%), Vitamin E: 2.27mg (15.15%), Vitamin B12: 0.62µg (10.25%), Vitamin D: 0.17µg (1.13%)