



Brunswick Stew with Smoked Paprika



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bacon
- ☐ 3 cups chicken shredded cooked
- ☐ 2 cups corn kernels frozen thawed
- ☐ 28 ounce fat-skimmed beef broth fat-free canned
- ☐ 1 cup baby lima beans frozen thawed
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 teaspoon paprika smoked sweet spanish

- ☐ 0.5 cup tomato sauce
- ☐ 2 cups onion yellow thinly sliced
- ☐ 2 cups yukon gold potatoes cubed ()

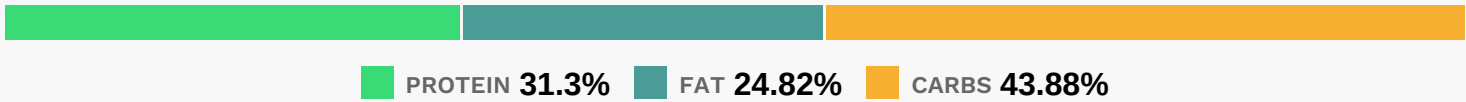
Equipment

- ☐ dutch oven

Directions

- ☐ Combine first 7 ingredients in a Dutch oven over medium-high heat; bring to a boil. Reduce heat to low; simmer 30 minutes or until potatoes are tender, stirring occasionally. Stir in chicken, paprika, salt, and pepper; simmer 15 minutes.

Nutrition Facts



Properties

Glycemic Index:33.79, Glycemic Load:11.55, Inflammation Score:-6, Nutrition Score:16.65478245914%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.38mg, Quercetin: 11.38mg, Quercetin: 11.38mg, Quercetin: 11.38mg

Nutrients (% of daily need)

Calories: 313.17kcal (15.66%), Fat: 8.79g (13.52%), Saturated Fat: 2.46g (15.38%), Carbohydrates: 34.95g (11.65%), Net Carbohydrates: 29.19g (10.61%), Sugar: 6.25g (6.95%), Cholesterol: 57.34mg (19.11%), Sodium: 1065.99mg (46.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.93g (49.86%), Vitamin B3: 8.5mg (42.48%), Vitamin B6: 0.71mg (35.56%), Selenium: 23.15µg (33.07%), Vitamin C: 24.12mg (29.24%), Phosphorus: 279.78mg (27.98%), Potassium: 886.25mg (25.32%), Manganese: 0.5mg (24.88%), Fiber: 5.76g (23.05%), Magnesium: 64.64mg (16.16%), Iron: 2.78mg (15.45%), Vitamin B2: 0.26mg (15.38%), Vitamin B5: 1.49mg (14.91%), Vitamin B1: 0.22mg (14.51%), Folate: 57.46µg (14.37%), Zinc: 1.9mg (12.65%), Copper: 0.25mg (12.61%), Vitamin B12: 0.5µg (8.4%), Vitamin A: 315.49IU (6.31%), Calcium: 50.48mg (5.05%), Vitamin E: 0.47mg (3.11%), Vitamin K: 2.48µg (2.37%)