



## Chicken Brunswick Stew

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

READY IN



120 min.

SERVINGS



8

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup barbecue sauce
- 28 ounce canned tomatoes sweetened with 1/3 cup sugar crushed canned
- 8 servings celery salt
- 2.5 pound fryer chicken
- 8 servings rice cooked
- 16 ounce corn canned
- 1 cup catsup
- 1 tablespoon liquid smoke

- 1 onion chopped
- 8 servings salt and pepper
- 1 tablespoon vinegar
- 8 servings water
- 1 tablespoon worcestershire sauce

## Equipment

- pot

## Directions

- In a large pot, place the chicken and enough water to cover chicken and bring to a boil. Cook chicken until meat falls off the bone, approximately 45 minutes.
- Drain the chicken and reserve 2 cups of stock.
- Remove the skin and bones and chop meat.
- In a separate pot, mix the chicken and remaining ingredients. Simmer slowly for 30 minutes, stirring often to prevent sticking.
- Add a little bit of the stock if the stew becomes too thick.
- Serve stew over steamed rice.

## Nutrition Facts



## Properties

Glycemic Index:28, Glycemic Load:26.23, Inflammation Score:-6, Nutrition Score:15.37000005919%

## Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

## Nutrients (% of daily need)

Calories: 390.1kcal (19.5%), Fat: 11.14g (17.14%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 56.96g (18.99%), Net Carbohydrates: 53.59g (19.49%), Sugar: 19.36g (21.51%), Cholesterol: 51.03mg (17.01%), Sodium: 1215.38mg

(52.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18g (36.01%), Vitamin B3: 7.27mg (36.33%), Manganese: 0.68mg (33.9%), Vitamin B6: 0.57mg (28.67%), Selenium: 17.08µg (24.4%), Phosphorus: 211.37mg (21.14%), Potassium: 685.91mg (19.6%), Copper: 0.38mg (19.22%), Vitamin C: 15.17mg (18.39%), Magnesium: 62.84mg (15.71%), Iron: 2.64mg (14.67%), Vitamin B2: 0.24mg (14.11%), Vitamin E: 2.1mg (14.01%), Vitamin B5: 1.37mg (13.65%), Fiber: 3.37g (13.47%), Zinc: 1.98mg (13.2%), Folate: 49.57µg (12.39%), Vitamin A: 546.44IU (10.93%), Vitamin B1: 0.16mg (10.66%), Calcium: 74.11mg (7.41%), Vitamin K: 7.58µg (7.22%), Vitamin B12: 0.21µg (3.52%)