


 **84%**
HEALTH SCORE

Chicken Brunswick Stew


 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN




60 min.

SERVINGS



6

CALORIES



494 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 1 bay leaf
- 2.5 pounds meat from a rotisserie chicken cooked chopped
- 16 ounce corn kernels frozen thawed
- 1 teaspoon ground pepper black
- 16 ounce lima beans *soaked overnight frozen thawed
- 16 ounce okra frozen thawed
- 0.5 teaspoon salt
- 4 tomatoes sliced

2 cups water

Equipment

bowl

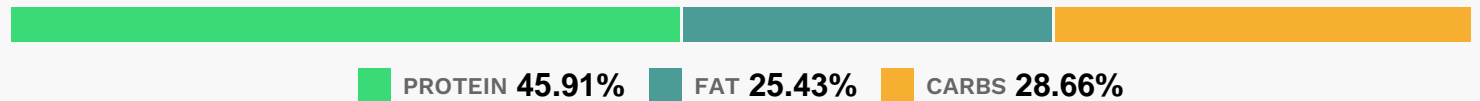
microwave

Directions

In a large, microwave safe bowl, combine chicken, water, pepper and salt. Microwave on high 15 minutes. Stir in tomatoes, onions, limas, corn, okra and bay leaf. Microwave 7 minutes.

Remove bay leaf and microwave 15 minutes more, stirring occasionally, until tender.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:5.21, Inflammation Score:-9, Nutrition Score:33.452174103778%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 16.33mg, Quercetin: 16.33mg, Quercetin: 16.33mg, Quercetin: 16.33mg

Nutrients (% of daily need)

Calories: 493.81kcal (24.69%), Fat: 14.06g (21.63%), Saturated Fat: 3.72g (23.26%), Carbohydrates: 35.64g (11.88%), Net Carbohydrates: 25.35g (9.22%), Sugar: 8.83g (9.81%), Cholesterol: 141.75mg (47.25%), Sodium: 505.43mg (21.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.11g (114.23%), Vitamin B3: 17.22mg (86.08%), Selenium: 50.9µg (72.71%), Manganese: 1.24mg (62.1%), Vitamin B6: 1.15mg (57.7%), Phosphorus: 547.9mg (54.79%), Fiber: 10.3g (41.18%), Folate: 157.91µg (39.48%), Potassium: 1341.57mg (38.33%), Vitamin C: 29.84mg (36.17%), Magnesium: 135.52mg (33.88%), Vitamin K: 32.2µg (30.66%), Vitamin B1: 0.45mg (29.92%), Zinc: 4.42mg (29.49%), Iron: 5.03mg (27.94%), Vitamin B5: 2.69mg (26.87%), Vitamin A: 1338.71IU (26.77%), Vitamin B2: 0.45mg (26.37%), Copper: 0.46mg (22.92%), Calcium: 112.09mg (11.21%), Vitamin B12: 0.55µg (9.13%), Vitamin E: 0.85mg (5.7%)