



Chicken Brunswick Stew

READY IN



45 min.

SERVINGS



7

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce regular corn cream-style canned
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 6 skinned and boned chicken breast halves
- ☐ 14.5 ounce chicken broth canned
- ☐ 12 ounce chili sauce
- ☐ 2 tablespoons cider vinegar
- ☐ 2 teaspoons mustard dry
- ☐ 0.3 cup butter
- ☐ 2 large onions chopped

- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon pepper sauce
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup worcestershire sauce

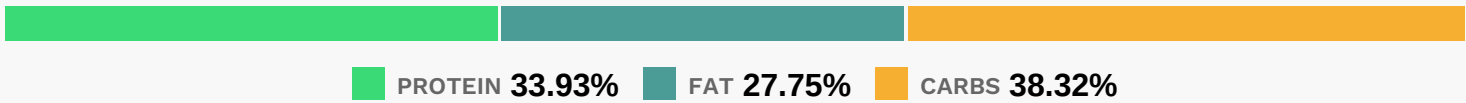
Equipment

- ☐ slow cooker

Directions

- ☐ Place onion in a 4-quart slow cooker; place chicken over onion.
- ☐ Add corn and remaining ingredients.
- ☐ Cook, covered, at HIGH 5 hours or until chicken is tender.
- ☐ Remove chicken; shred and return to stew.

Nutrition Facts



Properties

Glycemic Index:19.57, Glycemic Load:3.24, Inflammation Score:-8, Nutrition Score:26.186086696127%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg

Nutrients (% of daily need)

Calories: 474.72kcal (23.74%), Fat: 15.02g (23.11%), Saturated Fat: 3.4g (21.26%), Carbohydrates: 46.67g (15.56%), Net Carbohydrates: 41.05g (14.93%), Sugar: 18.24g (20.26%), Cholesterol: 91.35mg (30.45%), Sodium: 1893.25mg (82.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.32g (82.64%), Vitamin B3: 14.99mg (74.96%), Selenium: 44.96µg (64.24%), Vitamin B6: 1.22mg (60.84%), Phosphorus: 442.29mg (44.23%), Potassium: 1277.34mg (36.5%), Vitamin C: 29.07mg (35.24%), Magnesium: 93.9mg (23.48%), Iron: 4.13mg (22.97%), Fiber: 5.61g (22.46%), Vitamin A: 1097.22IU (21.94%), Folate: 86.39µg (21.6%), Copper: 0.43mg (21.59%), Zinc: 3.19mg (21.25%), Vitamin E: 3.11mg (20.71%), Manganese: 0.4mg (20.17%), Vitamin B2: 0.34mg (20.13%), Vitamin B5: 1.98mg (19.81%),

Vitamin B1: 0.25mg (16.81%), Vitamin B12: 0.79µg (13.15%), Vitamin K: 10.62µg (10.12%), Calcium: 90.36mg (9.04%),
Vitamin D: 0.16µg (1.04%)