

Chuckwagon Stew

 Gluten Free  Dairy Free

READY IN



610 min.

SERVINGS



6

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce baked beans canned
- 1.5 pounds stew meat cubed
- 1 medium onion chopped
- 3 potatoes cubed scrubbed
- 0.5 pound andouille smoked sliced

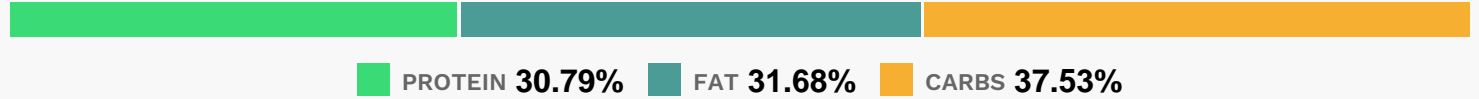
Equipment

- slow cooker

Directions

- Place the beef stew meat, sausage, onion, and potatoes into a slow cooker, and stir to distribute evenly. Spoon the baked beans evenly over the mixture. Cover, and cook on Low for 8 to 10 hours, or cook on High for 4 to 5 hours.

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:22.18, Inflammation Score:-6, Nutrition Score:28.084782664705%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 502.11kcal (25.11%), Fat: 17.83g (27.43%), Saturated Fat: 6.23g (38.97%), Carbohydrates: 47.51g (15.84%), Net Carbohydrates: 37.58g (13.67%), Sugar: 1.61g (1.79%), Cholesterol: 106.41mg (35.47%), Sodium: 938.88mg (40.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.98g (77.96%), Selenium: 42.99µg (61.42%), Vitamin B6: 1.23mg (61.28%), Vitamin B3: 10.62mg (53.09%), Zinc: 7.79mg (51.91%), Phosphorus: 493.15mg (49.32%), Vitamin B12: 2.67µg (44.48%), Fiber: 9.93g (39.72%), Potassium: 1342.06mg (38.34%), Manganese: 0.69mg (34.7%), Iron: 5.83mg (32.4%), Vitamin C: 24.98mg (30.28%), Copper: 0.54mg (27.02%), Magnesium: 103.06mg (25.77%), Vitamin B1: 0.37mg (24.5%), Folate: 84.4µg (21.1%), Vitamin B2: 0.34mg (19.71%), Vitamin B5: 1.13mg (11.31%), Calcium: 111.31mg (11.13%), Vitamin K: 3.46µg (3.29%), Vitamin D: 0.42µg (2.77%), Vitamin E: 0.35mg (2.36%)