



Easy Brunswick Stew



Gluten Free



Dairy Free

READY IN



735 min.

SERVINGS



8

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 ounce barbecue sauce
- ☐ 6 tablespoons brown sugar
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 14 ounce chicken broth canned
- ☐ 9 ounce baby lima beans frozen thawed
- ☐ 9 ounce regular corn frozen thawed
- ☐ 3 medium size new potatoes peeled chopped
- ☐ 1 large onion chopped

- ☐ 3 pounds pork shoulder roast boneless (Boston Butt)
- ☐ 1 teaspoon salt

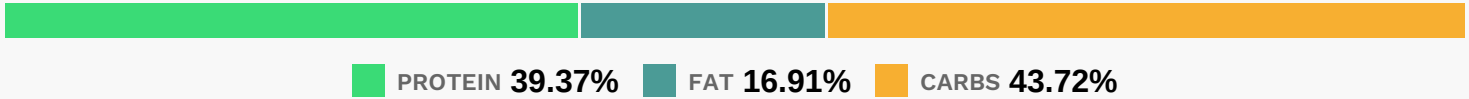
Equipment

- ☐ bowl
- ☐ ladle
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Trim roast and cut into 2-inch pieces. Stir together all ingredients in a 6-quart slow cooker.
- ☐ Cover and cook on LOW 10 to 12 hours or until potatoes are fork-tender.
- ☐ Remove pork with a slotted spoon, and shred. Return shredded pork to slow cooker, and stir well. Ladle stew into bowls.

Nutrition Facts



Properties

Glycemic Index:18.59, Glycemic Load:5.1, Inflammation Score:-7, Nutrition Score:35.50304377986%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 580.49kcal (29.02%), Fat: 10.91g (16.78%), Saturated Fat: 3.1g (19.35%), Carbohydrates: 63.47g (21.16%), Net Carbohydrates: 57.42g (20.88%), Sugar: 35.23g (39.15%), Cholesterol: 126.86mg (42.29%), Sodium: 1432.35mg (62.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.15g (114.3%), Vitamin B3: 20.23mg (101.16%), Vitamin B6: 1.72mg (85.76%), Vitamin B1: 1.28mg (85.39%), Selenium: 55.63µg (79.47%), Phosphorus: 588.62mg (58.86%), Vitamin B2: 0.99mg (58.33%), Potassium: 1523.32mg (43.52%), Zinc: 5.45mg (36.36%), Vitamin B12: 1.98µg (32.93%), Manganese: 0.62mg (31.14%), Magnesium: 115.46mg (28.87%), Iron: 5.05mg (28.05%), Vitamin C: 19.98mg (24.22%), Fiber: 6.05g (24.19%), Copper: 0.47mg (23.66%), Vitamin B5: 2.3mg (23.01%), Vitamin E: 2.05mg

(13.68%), Folate: 43.87µg (10.97%), Vitamin A: 506.37IU (10.13%), Calcium: 100.56mg (10.06%), Vitamin K: 8.02µg (7.64%)