



Easy Brunswick Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barbecue sauce
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.5 cup celery chopped
- ☐ 1 cup chicken breast cooked chopped
- ☐ 15.3 ounce whole-kernel corn sweet with peppers, drained canned
- ☐ 1.3 cups bell pepper green chopped
- ☐ 4 cups hash brown potatoes frozen southern-style thawed

- ☐ 1.5 cups lima beans *soaked overnight frozen thawed
- ☐ 2 cups lower-sodium chicken broth fat-free
- ☐ 1 cup cut okra frozen thawed
- ☐ 2.3 cups onion chopped
- ☐ 0.8 pound barbequed pulled pork smoked chopped
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce no-salt-added tomato sauce canned

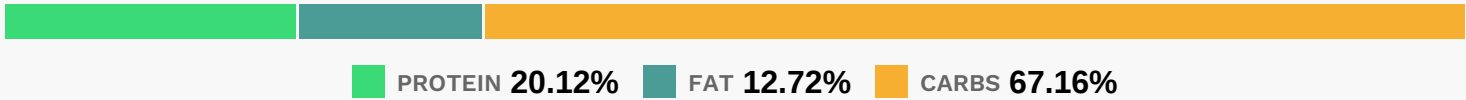
Equipment

- ☐ slow cooker

Directions

- ☐ Combine all ingredients in a 7-quart electric slow cooker. Cover and cook on HIGH for 8 hours.
- ☐ Flavor Tip: Experiment with different types of barbecue sauce. Each is unique and will lend a slightly different flavor to the stew. Watch out for high-sodium sauces, though. Some sauces are loaded with too much salt.

Nutrition Facts



Properties

Glycemic Index:30.94, Glycemic Load:9, Inflammation Score:-7, Nutrition Score:17.740869707711%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Isorhamnetin: 2.08mg, Isorhamnetin: 2.08mg, Isorhamnetin: 2.08mg, Isorhamnetin: 2.08mg 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: 11.23mg, Quercetin: 11.23mg, Quercetin: 11.23mg, Quercetin: 11.23mg

Nutrients (% of daily need)

Calories: 350.51kcal (17.53%), Fat: 5.18g (7.98%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 61.58g (20.53%), Net Carbohydrates: 53.68g (19.52%), Sugar: 25.4g (28.22%), Cholesterol: 29.48mg (9.83%), Sodium: 1152.87mg (50.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.45g (36.9%), Vitamin C: 39.46mg (47.83%), Manganese: 0.72mg (35.97%), Potassium: 1138.39mg (32.53%), Fiber: 7.9g (31.6%), Vitamin B3: 5.82mg (29.12%), Vitamin B6: 0.51mg (25.45%), Iron: 3.83mg (21.25%), Copper: 0.4mg (19.97%), Phosphorus: 195.26mg (19.53%), Folate: 77.9µg (19.48%), Vitamin B1: 0.28mg (18.51%), Magnesium: 68.68mg (17.17%), Vitamin A: 651.95IU (13.04%), Vitamin E: 1.82mg (12.16%), Vitamin B5: 1.2mg (12.03%), Vitamin K: 12.08µg (11.5%), Vitamin B2: 0.19mg (11.3%), Selenium: 7.57µg (10.82%), Calcium: 93.9mg (9.39%), Zinc: 1.26mg (8.41%)