



Easy Brunswick Stew



Gluten Free



Dairy Free

READY IN



405 min.

SERVINGS



15

CALORIES



191 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15.3 ounce lima beans *soaked overnight drained canned
- ☐ 15 ounce tomato sauce canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 rib celery chopped
- ☐ 2 cups chicken broth
- ☐ 1 cup meat from a rotisserie chicken cooked chopped
- ☐ 1 large bell pepper green chopped
- ☐ 4 cups hash browns frozen thawed cubed

- ☐ 1 cup okra frozen thawed sliced
- ☐ 1 large onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 pound barbecued pork chopped
- ☐ 0.5 teaspoon salt
- ☐ 15.3 ounce kernel corn whole with red and green peppers, drained canned
- ☐ 0.3 teaspoon worcestershire sauce

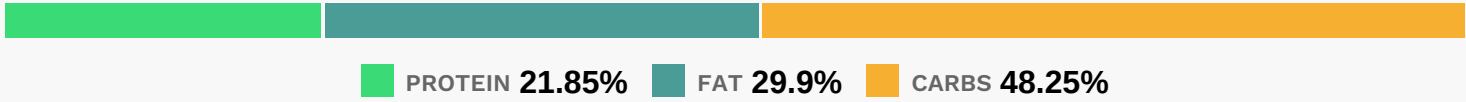
Equipment

- ☐ slow cooker

Directions

- ☐ Combine all ingredients in a 5-quart slow cooker. Cook, covered, at HIGH 6 hours and 30 minutes.
- ☐ NOTE: For testing purposes only, we used Ore-Ida Southern Style Potatoes adn Texas BBQ Southern Style Pulled Pork Barbeque with sauce.

Nutrition Facts



Properties

Glycemic Index:18.87, Glycemic Load:5.27, Inflammation Score:-5, Nutrition Score:10.951739093532%

Flavonoids

Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

Nutrients (% of daily need)

Calories: 191.35kcal (9.57%), Fat: 6.5g (10.01%), Saturated Fat: 2.16g (13.5%), Carbohydrates: 23.62g (7.87%), Net Carbohydrates: 19.92g (7.24%), Sugar: 3.15g (3.5%), Cholesterol: 23.96mg (7.99%), Sodium: 542.72mg (23.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.7g (21.39%), Vitamin C: 20.83mg (25.24%), Vitamin B1: 0.3mg (20.3%), Manganese: 0.39mg (19.44%), Vitamin B3: 3.77mg (18.84%), Potassium: 568.58mg (16.25%), Vitamin B6: 0.32mg (16%), Fiber: 3.7g (14.8%), Phosphorus: 144.09mg (14.41%), Selenium: 9.9µg (14.14%), Iron: 2.21mg (12.27%),

Copper: 0.24mg (11.94%), Magnesium: 42.92mg (10.73%), Folate: 39.76µg (9.94%), Vitamin B2: 0.15mg (8.83%),
Zinc: 1.26mg (8.37%), Vitamin B5: 0.7mg (7.05%), Vitamin A: 276.84IU (5.54%), Vitamin E: 0.82mg (5.5%), Vitamin K:
5.31µg (5.06%), Calcium: 40.4mg (4.04%), Vitamin B12: 0.19µg (3.2%)