



## Leftover Roast Brunswick Stew



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



6

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients



2.5 cups barbeque sauce



1.5 pounds beef chuck shredded cooked



10.5 ounce beef broth canned



20 ounce vegetables mixed with liquid canned



2 tablespoons worcestershire sauce

### Equipment

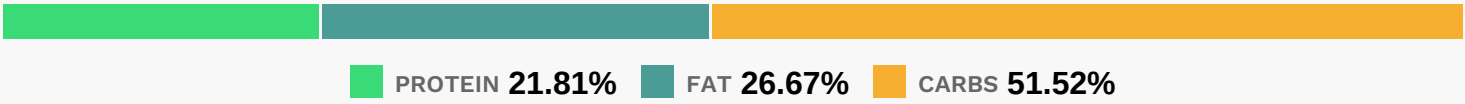


slow cooker

# Directions

- ☐
- Place the shredded roast in a slow cooker.
- ☐
- Mix in the vegetables with liquid, barbeque sauce, Worcestershire sauce, and beef broth.
- ☐
- Cover, and cook at least 1 hour on High.

# Nutrition Facts



# Properties

Glycemic Index:7.5, Glycemic Load:4.02, Inflammation Score:-10, Nutrition Score:24.094347705012%

# Nutrients (% of daily need)

Calories: 477.4kcal (23.87%), Fat: 14.37g (22.11%), Saturated Fat: 5.92g (36.99%), Carbohydrates: 62.45g (20.82%), Net Carbohydrates: 57.59g (20.94%), Sugar: 40.13g (44.59%), Cholesterol: 78.24mg (26.08%), Sodium: 1621.91mg (70.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.44g (52.88%), Vitamin A: 5084.78IU (101.7%), Zinc: 9.17mg (61.11%), Vitamin B12: 3.13µg (52.17%), Selenium: 25.66µg (36.66%), Vitamin B3: 7.22mg (36.12%), Vitamin B6: 0.62mg (30.97%), Phosphorus: 303.76mg (30.38%), Potassium: 925.41mg (26.44%), Iron: 4.4mg (24.47%), Manganese: 0.4mg (19.85%), Fiber: 4.85g (19.41%), Vitamin B2: 0.33mg (19.37%), Magnesium: 61.45mg (15.36%), Vitamin B1: 0.22mg (14.83%), Vitamin C: 11.28mg (13.67%), Copper: 0.25mg (12.71%), Vitamin B5: 1.06mg (10.56%), Calcium: 91.27mg (9.13%), Folate: 34.64µg (8.66%), Vitamin E: 1.17mg (7.82%), Vitamin K: 3.9µg (3.72%)