

Leftover Turkey Brunswick Stew

 Gluten Free  Dairy Free

READY IN



165 min.

SERVINGS



10

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup hickory-flavored barbecue sauce
- ☐ 56 ounce tomatoes diced canned
- ☐ 1 teaspoon ground pepper black
- ☐ 1 cup catsup
- ☐ 0.5 teaspoon pepper sauce hot
- ☐ 15 ounce potatoes diced drained canned
- ☐ 1.5 teaspoons salt
- ☐ 4.5 cups turkey cooked chopped

- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup vinegar
- ☐ 6 cups water
- ☐ 30.5 ounce kernel corn whole drained canned
- ☐ 1 tablespoon worcestershire sauce
- ☐ 2 small onions yellow chopped

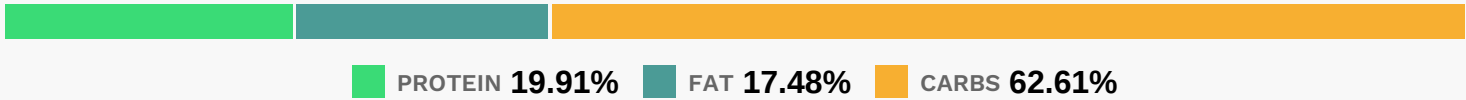
Equipment

- ☐ pot

Directions

- ☐ Heat the vegetable oil in a large stock pot over medium heat. Cook and stir the onion in the hot oil until softened and translucent, about 5 minutes.
- ☐ Add the turkey, tomatoes, potatoes, water, ketchup, barbecue sauce, vinegar, Worcestershire sauce, hot pepper sauce, salt, and pepper. Bring stew to a boil; reduce heat to low and simmer for 2 hours, stirring occasionally.
- ☐ Add corn and cook another 30 minutes.

Nutrition Facts



Properties

Glycemic Index:19.27, Glycemic Load:5.75, Inflammation Score:-6, Nutrition Score:14.522173990374%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 280.82kcal (14.04%), Fat: 5.59g (8.6%), Saturated Fat: 1.11g (6.97%), Carbohydrates: 45.05g (15.02%), Net Carbohydrates: 41.91g (15.24%), Sugar: 19.51g (21.68%), Cholesterol: 32.21mg (10.74%), Sodium: 1316.9mg (57.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.32g (28.64%), Vitamin C: 27.17mg (32.94%), Vitamin B6: 0.65mg (32.33%), Vitamin B3: 6.21mg (31.06%), Potassium: 848.96mg (24.26%), Phosphorus: 189.34mg (18.93%), Manganese: 0.35mg (17.45%), Iron: 2.86mg (15.88%), Vitamin B2: 0.26mg (15.24%), Selenium: 10.47µg (14.96%), Copper: 0.29mg (14.63%), Magnesium: 58.24mg (14.56%), Folate: 53.28µg (13.32%), Fiber: 3.14g (12.57%), Vitamin E: 1.82mg (12.14%), Vitamin B1: 0.16mg (10.47%), Zinc: 1.52mg (10.12%), Vitamin K: 9.55µg (9.1%), Vitamin B12: 0.55µg (9.1%), Calcium: 84.8mg (8.48%), Vitamin A: 401.87IU (8.04%), Vitamin B5: 0.75mg (7.54%)