



HEALTH SCORE

100%

Slow Cooker Squirrel and Veggies

 Dairy Free  Very Healthy

READY IN



505 min.

SERVINGS



4

CALORIES



344 kcal

SIDE DISH

Ingredients

- 2 cups baby carrots
- 4 cubes chicken bouillon
- 2 tablespoons flour
- 2 cloves garlic
- 1 large bell pepper green cut into chunks
- 1 onion cut into chunks
- 4 large potatoes cut into small chunks
- 4 servings salt and pepper to taste

3 squirrels – skinned cut into pieces

4 servings water to cover

Equipment

slow cooker

Directions

Place the onion, carrots, potatoes, bell pepper, garlic, chicken bouillon, salt, and pepper in a slow cooker.

Lay the squirrel meat on top of the vegetable mixture.

Pour enough water over the mixture to cover completely. Cover and cook on HIGH 6 hours. Stir the flour into the mixture and cook another 2 hours.

Nutrition Facts

 **PROTEIN 10.39%** **FAT 1.44%** **CARBS 88.17%**

Properties

Glycemic Index:65.75, Glycemic Load:50.23, Inflammation Score:-10, Nutrition Score:27.753043542738%

Flavonoids

Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.16mg, Kaempferol: 3.16mg, Kaempferol: 3.16mg, Kaempferol: 3.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg

Nutrients (% of daily need)

Calories: 344.3kcal (17.22%), Fat: 0.57g (0.87%), Saturated Fat: 0.15g (0.96%), Carbohydrates: 78.03g (26.01%), Net Carbohydrates: 66.68g (24.25%), Sugar: 8.12g (9.02%), Cholesterol: 0mg (0%), Sodium: 284.57mg (12.37%), Alcohol: 0g (100%), Protein: 9.2g (18.39%), Vitamin A: 8986.83IU (179.74%), Vitamin C: 109.82mg (133.12%), Vitamin B6: 1.3mg (65.04%), Potassium: 1827.2mg (52.21%), Fiber: 11.34g (45.38%), Manganese: 0.8mg (39.89%), Copper: 0.55mg (27.41%), Vitamin B1: 0.38mg (25.53%), Magnesium: 101.71mg (25.43%), Phosphorus: 250.8mg (25.08%), Vitamin B3: 4.71mg (23.53%), Folate: 92.56µg (23.14%), Iron: 3.87mg (21.52%), Vitamin K: 16.21µg (15.44%), Vitamin B5: 1.45mg (14.49%), Vitamin B2: 0.18mg (10.6%), Zinc: 1.35mg (8.98%), Calcium: 86.03mg (8.6%), Selenium: 3.31µg (4.73%), Vitamin E: 0.2mg (1.32%)