



Smoky Brunswick Stew

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup firmly brown sugar packed
- 43.5 ounce tomatoes diced canned
- 32 ounce chicken broth
- 5 pound chickens whole
- 32 ounce kernel corn whole yellow frozen thawed
- 2 tablespoons hot sauce
- 24 ounce catsup
- 2 medium onions chopped

- 1 tablespoon pepper
- 24 servings hickory wood chips
- 3 pound boston butt pork roast
- 1 tablespoon salt
- 0.5 cup vinegar white
- 0.5 cup worcestershire sauce
- 32 ounce butterbeans frozen thawed
- 32 ounce butterbeans frozen thawed

Equipment

- frying pan
- kitchen thermometer
- dutch oven

Directions

- Soak wood chips in water for at least 30 minutes.
- Prepare charcoal fire in smoker; let burn 15 to 20 minutes.
- Drain chips; place on coals.
- Place water pan in smoker; add water to depth of fill line.
- Remove and discard giblets from chickens. Tuck wings under; tie with string, if desired.
- Place chicken and pork on lower cooking grate; cover with smoker lid.
- Smoke chicken 2 1/2 hours; smoke pork 6 hours or until a meat thermometer inserted into thickest portion registers 16
- Let cool.
- Remove chicken from bone. Chop chicken and pork.
- Stir together meat, tomatoes, and remaining ingredients in a 6-quart Dutch oven. Cover and simmer over low heat, stirring occasionally, 2 1/2 to 3 hours.
- *2 pounds smoked, cooked chicken and 2 1/2 pounds smoked, cooked pork may be substituted. Chop chicken and pork, and proceed with recipe from that point as directed.

Nutrition Facts

PROTEIN 31.49% FAT 43.06% CARBS 25.45%

Properties

Glycemic Index:7.22, Glycemic Load:0.39, Inflammation Score:-6, Nutrition Score:15.912173934605%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 310.48kcal (15.52%), Fat: 14.79g (22.75%), Saturated Fat: 4.33g (27.06%), Carbohydrates: 19.66g (6.55%), Net Carbohydrates: 18.79g (6.83%), Sugar: 10.63g (11.81%), Cholesterol: 94.1mg (31.37%), Sodium: 1016.77mg (44.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.33g (48.67%), Vitamin B3: 8.15mg (40.76%), Selenium: 24.54µg (35.06%), Vitamin B6: 0.63mg (31.71%), Vitamin B1: 0.41mg (27.1%), Phosphorus: 270.18mg (27.02%), Vitamin B2: 0.45mg (26.5%), Zinc: 3.08mg (20.51%), Vitamin B12: 1.21µg (20.11%), Potassium: 625.95mg (17.88%), Vitamin B5: 1.69mg (16.93%), Vitamin A: 795.67IU (15.91%), Iron: 2.72mg (15.1%), Vitamin C: 10.54mg (12.77%), Magnesium: 42.04mg (10.51%), Copper: 0.2mg (9.84%), Folate: 38.11µg (9.53%), Manganese: 0.18mg (9.19%), Vitamin E: 0.92mg (6.17%), Calcium: 49.21mg (4.92%), Fiber: 0.87g (3.46%), Vitamin K: 2.87µg (2.73%), Vitamin D: 0.34µg (2.27%)