



Sunday Brunswick Stew



Gluten Free



Dairy Free

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READY IN

ready

265 min.

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SERVINGS

servings

12

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CALORIES

calories

368 kcal

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LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce baked beans canned
- ☐ 18 ounce hickory-flavored barbeque sauce
- ☐ 2 cups butternut squash diced peeled
- ☐ 15 ounce regular corn cream-style canned
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 stalks celery diced
- ☐ 32 fluid ounce chicken stock see

- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon olive oil
- ☐ 2 onions diced
- ☐ 0.8 teaspoon paprika
- ☐ 1 cup peas frozen
- ☐ 1 teaspoon salt
- ☐ 3 cups fatty pork shredded cooked chopped

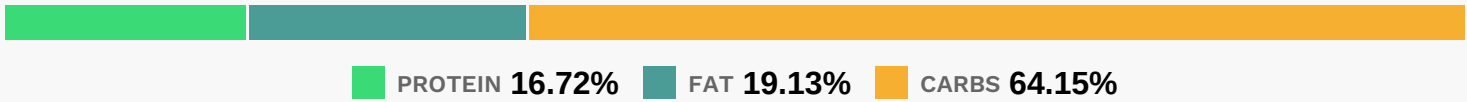
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat oil in a large skillet over medium heat. Cook and stir onion and celery in hot oil until onion is translucent, 5 to 7 minutes. Stir garlic into the mixture; cook and stir another 2 minutes.
- ☐ Transfer mixture to slow cooker.
- ☐ Stir butternut squash, pork, diced tomatoes, baked beans, chicken stock, corn, peas, cayenne pepper, cumin, paprika, salt, and barbeque sauce into the onion mixture in the slow cooker.
- ☐ Cover and cook on High for 4 hours.

Nutrition Facts



Properties

Glycemic Index:22.17, Glycemic Load:6.37, Inflammation Score:-9, Nutrition Score:16.553043303282%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 368.16kcal (18.41%), Fat: 8.2g (12.61%), Saturated Fat: 2.28g (14.26%), Carbohydrates: 61.84g (20.61%), Net Carbohydrates: 54.49g (19.81%), Sugar: 30.13g (33.47%), Cholesterol: 32.43mg (10.81%), Sodium: 1558.68mg (67.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.12g (32.23%), Vitamin A: 3037.86IU (60.76%), Fiber: 7.35g (29.4%), Manganese: 0.58mg (28.96%), Vitamin C: 21.83mg (26.46%), Potassium: 790.11mg (22.57%), Copper: 0.41mg (20.29%), Iron: 3.58mg (19.91%), Folate: 72.61µg (18.15%), Vitamin B3: 3.54mg (17.71%), Phosphorus: 169.84mg (16.98%), Vitamin B6: 0.34mg (16.87%), Magnesium: 65.64mg (16.41%), Vitamin B1: 0.2mg (13.2%), Calcium: 127.85mg (12.78%), Vitamin E: 1.81mg (12.06%), Vitamin B2: 0.2mg (11.84%), Zinc: 1.76mg (11.71%), Vitamin K: 10.56µg (10.06%), Selenium: 6.48µg (9.25%), Vitamin B5: 0.53mg (5.35%)