

Chicken Brunswick Stew

*Perry Sue Wade
Gourmet Eating in South Carolina - (1985)*

*1 hen chicken
3 - 4 stalks celery, chopped
2 large potatoes, diced
1 large onion, chopped
1 cup canned butter beans
1 cup tomatoes
1 cup whole kernel corn
1 can cream of mushroom soup*

Copyright: Hope Center for the
Retarded, Inc. - Charleston, SC

In a pot, cook the hen in salty water until done.

Place the celery, onion and potatoes into the stock.

In another pot, place the corn, butter beans and tomatoes. Heat until almost at the boiling point. Place in the pot with the potatoes, onion and celery.

Skin and debone the hen. Chop into bite-size pieces. Add to the pot.

Add the soup. Stir well and heat until serving temperature.

Per Serving (excluding unknown items): 716 Calories; 13g Fat (15.5% calories from fat); 26g Protein; 128g Carbohydrate; 28g Dietary Fiber; 2mg Cholesterol; 2828mg Sodium. Exchanges: 6 Grain(Starch); 1/2 Lean Meat; 6 Vegetable; 1 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	716	Vitamin B6 (mg):	1.2mg
% Calories from Fat:	15.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	70.4%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	14.1%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	13g	Folacin (mcg):	218mcg
Saturated Fat (g):	3g	Niacin (mg):	7mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	2mg	% Refuse:	0.00%

Carbohydrate (g):	128g
Dietary Fiber (g):	28g
Protein (g):	26g
Sodium (mg):	2828mg
Potassium (mg):	4442mg
Calcium (mg):	286mg
Iron (mg):	5mg
Zinc (mg):	2mg
Vitamin C (mg):	124mg
Vitamin A (i.u.):	1765IU
Vitamin A (r.e.):	174RE

Food Exchanges

Grain (Starch):	6
Lean Meat:	1/2
Vegetable:	6
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	716	Calories from Fat: 111
-----------------	-----	------------------------

% Daily Values*

Total Fat	13g	19%
Saturated Fat	3g	14%
Cholesterol	2mg	1%
Sodium	2828mg	118%
Total Carbohydrates	128g	43%
Dietary Fiber	28g	113%
Protein	26g	
Vitamin A		35%
Vitamin C		207%
Calcium		29%
Iron		30%

* Percent Daily Values are based on a 2000 calorie diet.