



Anchovy Stock



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



2

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 cup anchovy dried



4 cups water

Equipment

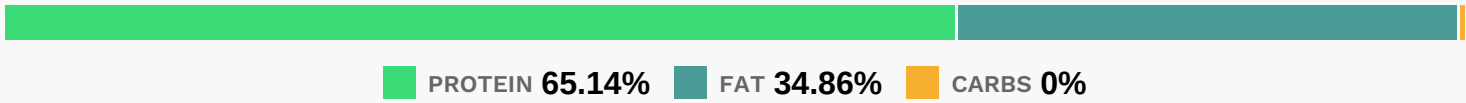


pot

Directions

Bring the water to boil in pot over high heat. Reduce heat to medium high and add anchovies. Boil anchovies in water for ten minutes, then drain liquid into container and discard anchovies. Use immediately, or refrigerate and use within 3 days for maximum freshness.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:4.90217385765%

Nutrients (% of daily need)

Calories: 51.65kcal (2.58%), Fat: 1.91g (2.94%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 0g (0%), Net Carbohydrates: 0g (0%), Sugar: 0g (0%), Cholesterol: 23.66mg (7.89%), Sodium: 64.67mg (2.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.05%), Vitamin B3: 5.53mg (27.65%), Selenium: 14.39µg (20.56%), Copper: 0.16mg (7.95%), Calcium: 72.16mg (7.22%), Iron: 1.28mg (7.12%), Phosphorus: 68.61mg (6.86%), Vitamin B2: 0.1mg (5.94%), Magnesium: 20.9mg (5.22%), Zinc: 0.73mg (4.84%), Potassium: 151.02mg (4.31%), Vitamin B12: 0.24µg (4.07%), Vitamin B6: 0.06mg (2.82%), Vitamin B5: 0.25mg (2.54%), Vitamin E: 0.22mg (1.5%), Vitamin B1: 0.02mg (1.45%), Manganese: 0.03mg (1.38%)