



Basic Chicken Stock

 **Gluten Free**  **Dairy Free**

READY IN

ready

240 min.

SERVINGS

servings

12

CALORIES

calories

301 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 2 carrots peeled cut into 1-inch dice
- ☐ 2 ribs celery cut into 1-inch dice
- ☐ 2 pounds chicken thighs and legs
- ☐ 3 cloves garlic smashed
- ☐ 12 servings olive oil extra-virgin
- ☐ 1 large onion cut into 1-inch dice
- ☐ 10 sprigs thyme leaves

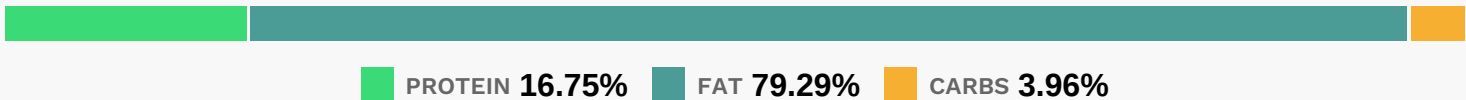
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 425 degrees F.
- ☐ Place chicken thighs and legs on a sheet pan. Lightly coat with oil and roast until golden, about 35 to 45 minutes.
- ☐ Coat a large, deep stock pot lightly with olive oil.
- ☐ Add the onions, celery, carrots and garlic to the pot and bring it to a medium high heat. Cook the vegetables stirring frequently until they start to get soft and are very aromatic, about 8 to 10 minutes.
- ☐ Remove the chicken from the oven and add to the pot of vegetables along with the bay leaves and thyme. Fill the pot with water.
- ☐ Place the pot on a burner on high heat. Bring to a boil and reduce to a simmer. Eventually a gray scum will form on the top of the water. Skim the scum and the fat off the top of the water. Simmer for 2 1/2 to 3 hours. Refill the water as it evaporates.
- ☐ Strain stock and discard the chicken and veggies. Store the stock in smallish containers, plastic pint and quart containers from Chinese take out are perfect! Recycle! If not using right away freeze for later use.

Nutrition Facts



Properties

Glycemic Index:15.07, Glycemic Load:0.72, Inflammation Score:-9, Nutrition Score:8.7391304762467%

Flavonoids

Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 301.43kcal (15.07%), Fat: 26.62g (40.96%), Saturated Fat: 5.33g (33.33%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.25g (0.82%), Sugar: 1.11g (1.23%), Cholesterol: 74.09mg (24.7%), Sodium: 71.55mg (3.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.65g (25.3%), Vitamin A: 1828.28IU (36.57%), Selenium: 14.34µg (20.49%), Vitamin B3: 3.67mg (18.34%), Vitamin B6: 0.31mg (15.29%), Vitamin E: 2.26mg (15.09%), Phosphorus: 130.28mg (13.03%), Vitamin K: 13.37µg (12.74%), Vitamin B5: 0.84mg (8.35%), Vitamin B12: 0.48µg (8.06%), Vitamin B2: 0.12mg (6.92%), Zinc: 1.02mg (6.82%), Potassium: 231.4mg (6.61%), Magnesium: 19.11mg (4.78%), Vitamin B1: 0.07mg (4.78%), Iron: 0.82mg (4.56%), Vitamin C: 3.31mg (4.01%), Manganese: 0.08mg (3.89%), Fiber: 0.74g (2.96%), Copper: 0.06mg (2.86%), Folate: 9.4µg (2.35%), Calcium: 19.96mg (2%)