

CHICKEN STOCK

## Basic Chicken Stock



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



30 kcal

SIDE DISH

### Ingredients

- 1 bay leaves
- 0.5 teaspoon peppercorns whole black
- 1 medium carrots peeled coarsely chopped
- 1 medium celery stalks coarsely chopped
- 1 tablespoon olive oil
- 2 thyme sprigs fresh
- 12 cups water
- 0.5 medium onion yellow coarsely chopped

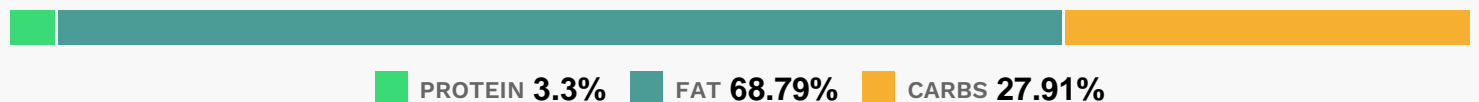
## Equipment

- sauce pan
- pot
- sieve
- wooden spoon
- dutch oven
- kitchen scissors
- cleaver

## Directions

- Using a cleaver or kitchen scissors, break up the carcass into several smaller pieces so that they will fit in an even layer in the bottom of a large pot or Dutch oven; set aside.
- Heat the oil in the pot over medium-high heat until shimmering.
- Add the carcass pieces and cook, turning occasionally, until lightly browned all over, about 8 minutes.
- Add the remaining ingredients and stir to combine, scraping up any browned bits from the bottom of the pot with a wooden spoon. Bring to a simmer (do not let the stock come to a boil). Reduce the heat to low and continue to simmer, occasionally skimming any scum off the surface of the stock using a large spoon. Cook, adjusting the heat as necessary to keep the stock at a simmer, until the flavors have developed, about 1 1/2 hours.
- Remove and discard any large pieces of carcass. Set a fine-mesh strainer over a 2-quart saucepan and pour the stock through the strainer. Discard the contents of the strainer. (At this point, the stock can be cooled to room temperature and refrigerated in a container with a tightfitting lid for up to 3 days or frozen for up to 1 month.)

## Nutrition Facts



## Properties

Glycemic Index:30.47, Glycemic Load:0.58, Inflammation Score:-8, Nutrition Score:2.9143478280824%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

## **Nutrients (% of daily need)**

Calories: 29.86kcal (1.49%), Fat: 2.39g (3.67%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 2.18g (0.73%), Net Carbohydrates: 1.58g (0.58%), Sugar: 0.88g (0.98%), Cholesterol: 0mg (0%), Sodium: 31.73mg (1.38%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.26g (0.52%), Vitamin A: 1720.49IU (34.41%), Copper: 0.09mg (4.54%), Manganese: 0.08mg (4.05%), Vitamin K: 3.58µg (3.41%), Vitamin E: 0.41mg (2.74%), Fiber: 0.6g (2.38%), Calcium: 23.06mg (2.31%), Vitamin C: 1.84mg (2.23%), Magnesium: 8.12mg (2.03%), Potassium: 54.66mg (1.56%), Vitamin B6: 0.03mg (1.4%), Folate: 4.16µg (1.04%)