



Basic Chicken Stock



Gluten Free



Dairy Free



Popular

READY IN



100 min.

SERVINGS



4

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 large carrots



3 stalks celery



1 pound chicken parts



1 eggs



1 large onion



1.5 teaspoons salt

Equipment



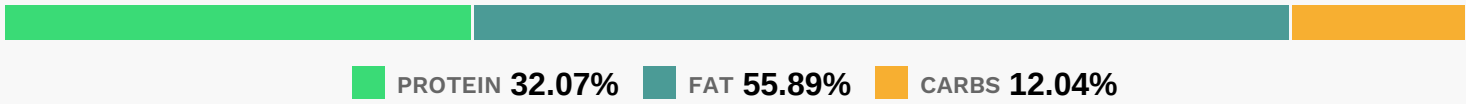
bowl

- ☐ sieve
- ☐ dutch oven
- ☐ cheesecloth

Directions

- ☐ Quarter onion. Chop scrubbed celery and carrot into 1 inch chunks.
- ☐ Place chicken pieces, onion, celery, carrot, salt, and cloves in large soup pot or Dutch oven.
- ☐ Add 6 cups water. Bring to a boil. Reduce heat, cover, and simmer for 1 hour.
- ☐ Remove chicken and vegetables. Strain stock. Skim fat off the surface.
- ☐ To clarify stock for clear soup, removing solid flecks that are too small to be strained out with cheesecloth, follow this method. Separate the egg white from the egg yolk, and reserve the shell. In a small bowl, combine 1/4 cup cold water, egg white, and crushed eggshell.
- ☐ Add to strained stock, and bring to a boil.
- ☐ Remove from heat, and let stand 5 minutes. Strain again through a sieve lined with cheesecloth.

Nutrition Facts



Properties

Glycemic Index:26.46, Glycemic Load:1.48, Inflammation Score:-9, Nutrition Score:11.643043341844%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.77mg, Quercetin: 7.77mg, Quercetin: 7.77mg, Quercetin: 7.77mg

Nutrients (% of daily need)

Calories: 208.1kcal (10.4%), Fat: 12.79g (19.68%), Saturated Fat: 3.7g (23.14%), Carbohydrates: 6.2g (2.07%), Net Carbohydrates: 4.58g (1.66%), Sugar: 2.89g (3.21%), Cholesterol: 98.75mg (32.92%), Sodium: 979.57mg (42.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.52g (33.03%), Vitamin A: 3309.89IU (66.2%), Vitamin B3: 5.57mg (27.84%), Selenium: 14.81µg (21.16%), Vitamin B6: 0.38mg (19.03%), Phosphorus: 159.51mg (15.95%), Vitamin

K: 12.51µg (11.91%), Vitamin B2: 0.18mg (10.62%), Vitamin B5: 1.04mg (10.39%), Potassium: 351.45mg (10.04%), Zinc: 1.3mg (8.67%), Folate: 31.14µg (7.79%), Vitamin C: 6mg (7.27%), Magnesium: 25.97mg (6.49%), Fiber: 1.62g (6.49%), Manganese: 0.13mg (6.25%), Iron: 1.09mg (6.04%), Vitamin B1: 0.09mg (5.74%), Vitamin B12: 0.34µg (5.62%), Calcium: 41.75mg (4.17%), Copper: 0.08mg (3.94%), Vitamin E: 0.55mg (3.69%), Vitamin D: 0.37µg (2.49%)