



Basic Vegetable Stock



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon peppercorns black
- ☐ 3 large carrots quartered
- ☐ 3 large stalks celery quartered
- ☐ 1 cup celery leaves coarsely chopped
- ☐ 0.5 cup parsley fresh coarsely chopped
- ☐ 1 large onion quartered
- ☐ 1 large parsnips quartered

☐ 14 cups water

Equipment

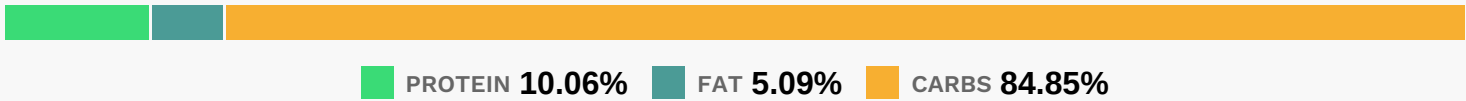
☐ bowl

☐ dutch oven

Directions

☐ Combine all the ingredients in an 8-quart Dutch oven or stockpot; bring to a boil. Partially cover, reduce heat, and simmer 2 hours. Strain into a large bowl; discard solids. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:12.69, Glycemic Load:1.12, Inflammation Score:-8, Nutrition Score:5.0534782850224%

Flavonoids

Apigenin: 3.74mg, Apigenin: 3.74mg, Apigenin: 3.74mg, Apigenin: 3.74mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 16.43kcal (0.82%), Fat: 0.1g (0.16%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 3.79g (1.26%), Net Carbohydrates: 2.63g (0.96%), Sugar: 1.45g (1.62%), Cholesterol: 0mg (0%), Sodium: 31.92mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Vitamin A: 2011.42IU (40.23%), Vitamin K: 33.11µg (31.54%), Vitamin C: 5.06mg (6.13%), Manganese: 0.1mg (4.84%), Fiber: 1.16g (4.64%), Folate: 17.39µg (4.35%), Potassium: 130mg (3.71%), Copper: 0.05mg (2.64%), Vitamin B6: 0.05mg (2.28%), Calcium: 22.53mg (2.25%), Magnesium: 8.76mg (2.19%), Phosphorus: 16.7mg (1.67%), Vitamin E: 0.25mg (1.65%), Vitamin B1: 0.02mg (1.51%), Vitamin B2: 0.02mg (1.41%), Vitamin B5: 0.14mg (1.36%), Iron: 0.23mg (1.28%), Vitamin B3: 0.25mg (1.23%)