



Beef Stock



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



17 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 pound beef bones and trimmings lean
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 large carrots cut into 4 pieces
- ☐ 1 bunch flat-leaf parsley fresh
- ☐ 1 garlic bulb crushed
- ☐ 1 teaspoon kosher salt
- ☐ 1 large onion quartered

☐ 8 cups water

Equipment

☐ bowl

☐ sieve

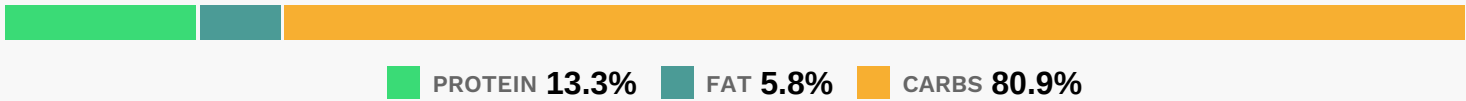
☐ dutch oven

Directions

☐ Place 8 cups water, salt, and remaining ingredients in a Dutch oven or stockpot; bring to a boil. Cover, reduce heat, and simmer 1 hour. Strain broth through a sieve into a large bowl; discard solids. Cool stock to room temperature. Cover and chill stock 8 to 24 hours. Skim solidified fat from surface of broth; discard.

☐ Note: Refrigerate broth in an airtight container for up to one week or freeze for up to three months.

Nutrition Facts



Properties

Glycemic Index:23.98, Glycemic Load:0.91, Inflammation Score:-9, Nutrition Score:8.8808696360692%

Flavonoids

Apigenin: 17.55mg, Apigenin: 17.55mg, Apigenin: 17.55mg, Apigenin: 17.55mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

Nutrients (% of daily need)

Calories: 16.81kcal (0.84%), Fat: 0.12g (0.18%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 3.76g (1.25%), Net Carbohydrates: 2.78g (1.01%), Sugar: 1.47g (1.63%), Cholesterol: 0mg (0%), Sodium: 358.35mg (15.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.23%), Vitamin K: 135.23µg (128.79%), Vitamin A: 2407.3IU (48.15%), Vitamin C: 13.17mg (15.96%), Folate: 18.49µg (4.62%), Manganese: 0.08mg (4.2%), Fiber: 0.97g (3.89%), Copper: 0.07mg (3.6%), Iron: 0.62mg (3.43%), Potassium: 113.15mg (3.23%), Calcium: 29.52mg (2.95%), Vitamin B6: 0.05mg (2.67%), Magnesium: 10.55mg (2.64%), Vitamin B1: 0.02mg (1.64%), Phosphorus: 15.45mg (1.55%), Zinc: 0.18mg

(1.23%), Vitamin B2: 0.02mg (1.21%), Vitamin B3: 0.24mg (1.19%)