



Brown Chicken Stock



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



747 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 10 peppercorns black
- ☐ 2 carrots diced peeled
- ☐ 2 celery stalks diced
- ☐ 5 pounds chicken wings uncooked
- ☐ 10 flat parsley
- ☐ 1 large onion diced
- ☐ 6 thyme sprigs

- ☐ 2 tablespoons tomato paste
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ stove

Directions

- ☐ Arrange a rack in top third of oven and another rack in bottom third; preheat to 450°F.
- ☐ Spread bones on a large roasting pan.
- ☐ Place in oven on lower rack and roast until deeply brown, 45 minutes–1 hour.
- ☐ Transfer bones to a large pot. Spoon off fat from juices in pan.
- ☐ Place pan on stove over medium–high heat. When browned bits begin to sizzle, pour in 2 cups water. Bring to a simmer, scraping up browned bits with a wooden spoon.
- ☐ Pour into pot with bones.
- ☐ Meanwhile, coat the bottom of another roasting pan or a rimmed baking sheet with oil.
- ☐ Add onion, carrots, and celery to pan and roast on upper rack for 20 minutes.
- ☐ Remove pan from oven. Stir in tomato paste. Return to oven and roast until deeply browned, about 10 minutes.
- ☐ Scrape vegetables from roasting pan into pot.
- ☐ Add peppercorns, parsley, thyme, bay leaf, and 14 cups water to pot.
- ☐ Place pot over high heat and bring to a boil. Reduce heat and simmer for 3 hours. Strain stock, discarding solids. Return stock to pan. Bring to a boil, reduce heat to medium, and simmer until reduced to 4 cups, about 1 1/2 hours (time will vary depending on size of pot). Chill. Store up to 3 days in refrigerator or freeze up to 3 months.

Nutrition Facts



 **PROTEIN 31.14%**  **FAT 64.13%**  **CARBS 4.73%**

Properties

Glycemic Index:64.96, Glycemic Load:2.41, Inflammation Score:-10, Nutrition Score:28.47347800628%

Flavonoids

Apigenin: 5.48mg, Apigenin: 5.48mg, Apigenin: 5.48mg, Apigenin: 5.48mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg

Nutrients (% of daily need)

Calories: 747.23kcal (37.36%), Fat: 52.5g (80.77%), Saturated Fat: 14.28g (89.27%), Carbohydrates: 8.7g (2.9%), Net Carbohydrates: 6.49g (2.36%), Sugar: 4.06g (4.51%), Cholesterol: 235.75mg (78.58%), Sodium: 312.44mg (13.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.36g (114.73%), Vitamin A: 5961.92IU (119.24%), Vitamin B3: 18.8mg (94.02%), Selenium: 48.12µg (68.75%), Vitamin B6: 1.19mg (59.3%), Vitamin K: 53.34µg (50.8%), Phosphorus: 436.28mg (43.63%), Zinc: 4.32mg (28.8%), Vitamin B5: 2.51mg (25.11%), Potassium: 742.74mg (21.22%), Iron: 3.77mg (20.97%), Vitamin B2: 0.32mg (18.86%), Magnesium: 70.21mg (17.55%), Vitamin C: 14.27mg (17.3%), Vitamin B12: 0.98µg (16.33%), Vitamin B1: 0.19mg (12.85%), Manganese: 0.24mg (11.85%), Vitamin E: 1.78mg (11.84%), Copper: 0.2mg (9.96%), Fiber: 2.21g (8.86%), Folate: 31.41µg (7.85%), Calcium: 69.95mg (7%), Vitamin D: 0.31µg (2.04%)