

Brown Chicken Stock



Gluten Free



Dairy Free

READY IN



210 min.

SERVINGS



12

CALORIES



58 kcal

SIDE DISH

Ingredients

- ☐ 2 carrots diced
- ☐ 1 stalk celery
- ☐ 2.5 pounds chicken bones
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon parsley dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 head garlic halved
- ☐ 4 teaspoons kosher salt

- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon cracked peppercorns black
- ☐ 2 onions red sliced

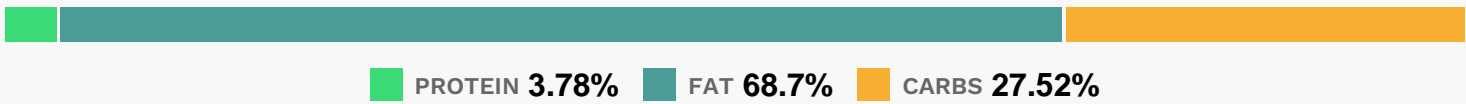
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat the oven to 450 degrees F (220 degrees C). Arrange the chicken bones on a baking sheet. Roast for about 45 minutes in the preheated oven, or until well browned.
- ☐ Heat the olive oil in a stock pot over medium heat.
- ☐ Add the onions, celery and carrots; cook and stir until browned. If they scorch, just add a bit of water and scrape up all the bits.
- ☐ Add the roasted chicken bones to the pot, and fill with enough water to cover the bones by 2 inches. Bring to a boil, and add the garlic, thyme, parsley, basil, salt, and pepper. Reduce heat to low, and simmer uncovered for 2 hours.
- ☐ Add more water if needed.
- ☐ Strain out all of the solids from the broth, drain off the fat, and refrigerate. You can also remove the fat after it has chilled. The stock will be thick. Use full strength for soups and gravies, or dilute with water for a milder flavor. I like to use freezer bags for longer storage.

Nutrition Facts



Properties

Glycemic Index:13.99, Glycemic Load:1.04, Inflammation Score:-8, Nutrition Score:3.7243478090867%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg,

Isorhamnetin: 0.93mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg
Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.8mg, Quercetin: 3.8mg,
Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 57.54kcal (2.88%), Fat: 4.59g (7.07%), Saturated Fat: 0.65g (4.06%), Carbohydrates: 4.14g (1.38%), Net
Carbohydrates: 3.2g (1.16%), Sugar: 1.33g (1.48%), Cholesterol: 0mg (0%), Sodium: 786.3mg (34.19%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin A: 1720.52IU (34.41%), Manganese: 0.2mg (9.83%),
Vitamin K: 7.99µg (7.61%), Vitamin E: 0.75mg (4.97%), Fiber: 0.94g (3.77%), Vitamin B6: 0.07mg (3.53%), Vitamin C:
2.81mg (3.41%), Potassium: 90.15mg (2.58%), Calcium: 19.11mg (1.91%), Iron: 0.32mg (1.77%), Folate: 7.08µg (1.77%),
Copper: 0.03mg (1.64%), Phosphorus: 14.78mg (1.48%), Magnesium: 5.85mg (1.46%), Vitamin B1: 0.02mg (1.44%),
Vitamin B2: 0.02mg (1.03%)