



Brown Chicken Stock



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 teaspoon peppercorns black
- ☐ 3 carrots 2-inch-thick cut into pieces
- ☐ 1 celery stalk 2-inch-thick cut into pieces
- ☐ 6 pounds chicken pieces
- ☐ 0.3 pound fennel stalks 2-inch-thick cut into pieces
- ☐ 1 medium onion unpeeled quartered
- ☐ 6 parsley sprigs

- ☐ 5 thyme sprigs
- ☐ 16 cups water cold divided

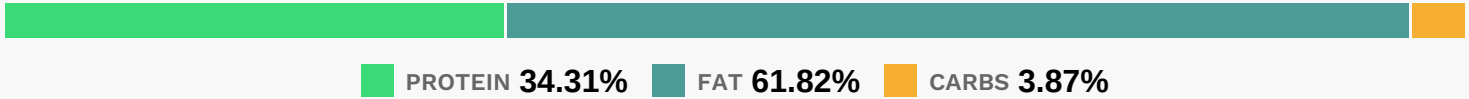
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ roasting pan
- ☐ broiler
- ☐ stove
- ☐ broiler pan

Directions

- ☐ Preheat oven to 400
- ☐ Arrange the first 4 ingredients in the bottom of a broiler or roasting pan, and top with chicken pieces.
- ☐ Bake at 400 for 1 1/2 hours, turning the chicken once every 30 minutes (chicken and vegetables should be very brown).
- ☐ Place the peppercorns, parsley, thyme, and bay leaves in an 8-quart stockpot.
- ☐ Remove vegetables and chicken from broiler pan, and place in stockpot. Carefully discard the drippings from broiler pan, leaving browned bits.
- ☐ Place broiler pan on stovetop; add 4 cups of water. Bring to a boil over medium-high heat. Reduce heat; simmer 10 minutes, scraping the bottom to loosen the browned bits.
- ☐ Pour contents of broiler pan into stockpot.
- ☐ Add remaining 12 cups of water, and bring to a boil over medium-high heat. Reduce heat, and simmer 1 1/2 hours.
- ☐ Strain stock through a fine sieve into a large bowl. Reserve chicken for another use; discard remaining solids. Cover and chill stock for 8 hours. Skim solidified fat from surface of broth, and discard.

Nutrition Facts



Properties

Glycemic Index:25.98, Glycemic Load:1.08, Inflammation Score:-10, Nutrition Score:17.736956606741%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Apigenin: 1.32mg, Apigenin: 1.32mg, Apigenin: 1.32mg, Apigenin: 1.32mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 414.7kcal (20.74%), Fat: 27.97g (43.03%), Saturated Fat: 8g (50.02%), Carbohydrates: 3.94g (1.31%), Net Carbohydrates: 2.73g (0.99%), Sugar: 1.79g (1.99%), Cholesterol: 138.8mg (46.27%), Sodium: 168.19mg (7.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.93g (69.85%), Vitamin A: 3410.24IU (68.2%), Vitamin B3: 12.87mg (64.36%), Selenium: 26.82µg (38.31%), Vitamin B6: 0.7mg (34.75%), Phosphorus: 288.66mg (28.87%), Vitamin K: 22.67µg (21.59%), Vitamin B5: 1.78mg (17.82%), Zinc: 2.57mg (17.11%), Vitamin B2: 0.24mg (14.29%), Potassium: 481.78mg (13.77%), Magnesium: 47.57mg (11.89%), Iron: 1.98mg (11.01%), Vitamin B12: 0.57µg (9.56%), Vitamin C: 7.84mg (9.5%), Copper: 0.18mg (8.81%), Vitamin B1: 0.13mg (8.69%), Manganese: 0.14mg (6.84%), Folate: 21.09µg (5.27%), Vitamin E: 0.75mg (5.01%), Calcium: 49.99mg (5%), Fiber: 1.21g (4.83%), Vitamin D: 0.37µg (2.47%)