

Chicken Broth

 **Gluten Free**  **Dairy Free**

READY IN



135 min.

SERVINGS



24

CALORIES



366 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 pounds carrots cut into chunks
- 3 pounds celery cut into chunks
- 10 pound chickens whole trimmed of fat
- 2 tablespoons parsley dried
- 2 tablespoons rosemary dried crushed
- 1 tablespoon thyme leaves dried
- 3 tablespoons garlic chopped
- 3 tablespoons garlic powder

- 6 leeks trimmed chopped
- 14 tablespoons sea salt
- 3 large onions sweet cut into chunks
- 14 quarts water

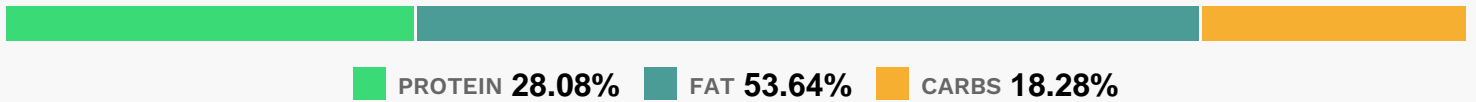
Equipment

- pot

Directions

- Combine water, chicken, carrots, celery, onions, leeks, sea salt, garlic, garlic powder, rosemary, dried parsley, and dried thyme in a large stock pot; partially cover pot with a lid. Bring mixture to a boil, reduce heat, and simmer until chicken is fully cooked and falling off the bone, about 2 hours.
- Remove chicken from pot. Stir in fresh parsley until wilted, 2 to 3 minutes.
- Remove broth from heat and allow to cool slightly. Strain broth into freezable 2 to 4 cup containers. Use immediately or freeze.

Nutrition Facts



Properties

Glycemic Index:8.99, Glycemic Load:3.68, Inflammation Score:-10, Nutrition Score:23.207826158275%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 9.12mg, Apigenin: 9.12mg, Apigenin: 9.12mg, Apigenin: 9.12mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg

Nutrients (% of daily need)

Calories: 365.92kcal (18.3%), Fat: 21.77g (33.49%), Saturated Fat: 6.16g (38.52%), Carbohydrates: 16.69g (5.56%), Net Carbohydrates: 12.6g (4.58%), Sugar: 7.34g (8.15%), Cholesterol: 118.65mg (39.55%), Sodium: 4299.37mg

(186.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.63g (51.27%), Vitamin A: 14433.36IU (288.67%), Vitamin B3: 9.98mg (49.89%), Vitamin K: 42.32µg (40.3%), Vitamin B6: 0.73mg (36.38%), Phosphorus: 293.52mg (29.35%), Selenium: 17.17µg (24.52%), Folate: 96.17µg (24.04%), Vitamin B12: 1.37µg (22.76%), Potassium: 773.24mg (22.09%), Manganese: 0.41mg (20.59%), Vitamin B2: 0.33mg (19.7%), Vitamin B5: 1.84mg (18.39%), Vitamin C: 14.9mg (18.06%), Iron: 3.2mg (17.8%), Fiber: 4.09g (16.34%), Zinc: 2.23mg (14.89%), Magnesium: 59.52mg (14.88%), Copper: 0.29mg (14.5%), Vitamin B1: 0.18mg (12.13%), Calcium: 111.69mg (11.17%), Vitamin E: 0.9mg (6%)