

Chicken Broth



Gluten Free



Popular

READY IN



65 min.

SERVINGS



6

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 teaspoon peppercorns black
- ☐ 2 carrots coarsely chopped
- ☐ 2 stalks celery coarsely chopped
- ☐ 3 pound meat from a rotisserie chicken
- ☐ 2 cloves garlic smashed
- ☐ 1 onion coarsely chopped
- ☐ 2 inch parmesan cheese rind

- ☐ 6 sprigs parsley
- ☐ 1 sprig thyme leaves
- ☐ 6 servings water

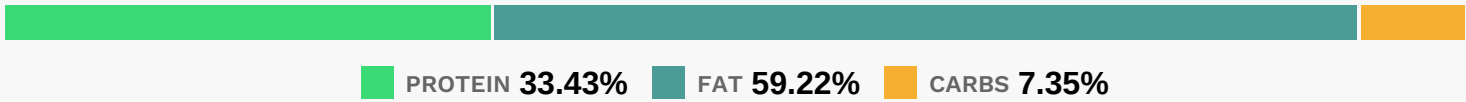
Equipment

- ☐ pot

Directions

- ☐ Place everything in a large stock pot, cover with 4 inches of water, bring to a boil, reduce the heat and simmer for 1 hour.Pull the meat off of the chicken and reserve for another use.Strain the solids from the broth and discard them.Optionally, let the broth cool in the fridge over night and skim off any fat before using.

Nutrition Facts



Properties

Glycemic Index:45.31, Glycemic Load:1.27, Inflammation Score:-10, Nutrition Score:13.942173942276%

Flavonoids

Apigenin: 2.54mg, Apigenin: 2.54mg, Apigenin: 2.54mg, Apigenin: 2.54mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 268.09kcal (13.4%), Fat: 17.4g (26.77%), Saturated Fat: 5.28g (33.03%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 3.59g (1.3%), Sugar: 1.97g (2.19%), Cholesterol: 83.98mg (27.99%), Sodium: 169.29mg (7.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.1g (44.2%), Vitamin A: 3732.66IU (74.65%), Vitamin B3: 7.7mg (38.52%), Vitamin K: 25.37µg (24.16%), Selenium: 16.78µg (23.97%), Vitamin B6: 0.46mg (22.98%), Phosphorus: 202.39mg (20.24%), Vitamin B5: 1.13mg (11.33%), Zinc: 1.67mg (11.15%), Potassium: 351.02mg (10.03%), Vitamin B2: 0.17mg (10%), Magnesium: 33.07mg (8.27%), Calcium: 81.75mg (8.18%), Vitamin C: 6.64mg (8.04%), Manganese: 0.16mg (7.92%), Iron: 1.29mg (7.18%), Vitamin B1: 0.09mg (6.31%), Vitamin B12: 0.38µg (6.31%), Copper: 0.12mg (6.13%), Folate: 20.67µg (5.17%), Fiber: 1.27g (5.09%), Vitamin E: 0.52mg (3.47%), Vitamin D: 0.23µg (1.57%)