

Chicken Glace

 Gluten Free  Dairy Free

READY IN



825 min.

SERVINGS



13

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 12 peppercorns black
- ☐ 3 pounds chicken thighs bone-in
- ☐ 1 cup carrots coarsely chopped
- ☐ 2 cups celery coarsely chopped
- ☐ 10 parsley
- ☐ 3 thyme sprigs
- ☐ 3 quarts water cold divided

☐ 4 cups onion yellow coarsely chopped

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen towels
- ☐ broiler pan
- ☐ cheesecloth

Directions

- ☐ Preheat oven to 425
- ☐ Place chicken in a broiler pan or shallow roasting pan coated with cooking spray.
- ☐ Bake at 425 for 1 hour, turning thighs after 30 minutes.
- ☐ Place chicken in a large stockpot. Carefully add 2 cups cold water to broiler pan, scraping to loosen browned bits; pour liquid into stockpot.
- ☐ Add onion and remaining ingredients.
- ☐ Add remaining 10 cups cold water; bring to a boil. Reduce heat, and simmer 2 hours; skim surface occasionally, discarding foam.
- ☐ Strain stock through a fine sieve lined with cheesecloth or a thin cotton dish towel into a large bowl; discard solids. Cool stock to room temperature. Cover and chill stock for 8 hours or overnight.
- ☐ Skim solidified fat from surface of stock, and discard.
- ☐ Place stock in a medium saucepan; bring to a boil. Reduce heat, and simmer until syrupy and reduced to 6 tablespoons (about 1 hour and 15 minutes), skimming foam as needed.

Nutrition Facts



 PROTEIN **27.63%**  FAT **60.76%**  CARBS **11.61%**

Properties

Glycemic Index:16.53, Glycemic Load:1.43, Inflammation Score:-9, Nutrition Score:10.452608784904%

Flavonoids

Apigenin: 2.11mg, Apigenin: 2.11mg, Apigenin: 2.11mg, Apigenin: 2.11mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 2.47mg, Isorhamnetin: 2.47mg, Isorhamnetin: 2.47mg, Isorhamnetin: 2.47mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 10.08mg, Quercetin: 10.08mg, Quercetin: 10.08mg, Quercetin: 10.08mg

Nutrients (% of daily need)

Calories: 221.55kcal (11.08%), Fat: 14.89g (22.91%), Saturated Fat: 4.02g (25.11%), Carbohydrates: 6.4g (2.13%), Net Carbohydrates: 4.95g (1.8%), Sugar: 2.77g (3.08%), Cholesterol: 87.19mg (29.06%), Sodium: 101.1mg (4.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.24g (30.47%), Vitamin A: 1862.27IU (37.25%), Selenium: 16.96µg (24.23%), Vitamin B3: 4.35mg (21.76%), Vitamin K: 20.68µg (19.7%), Vitamin B6: 0.39mg (19.57%), Phosphorus: 162.88mg (16.29%), Vitamin B5: 1.03mg (10.35%), Potassium: 333.16mg (9.52%), Vitamin B12: 0.57µg (9.49%), Vitamin B2: 0.15mg (8.67%), Zinc: 1.28mg (8.5%), Vitamin C: 6.11mg (7.4%), Magnesium: 27.83mg (6.96%), Vitamin B1: 0.1mg (6.61%), Manganese: 0.13mg (6.3%), Fiber: 1.45g (5.79%), Copper: 0.11mg (5.66%), Folate: 20.8µg (5.2%), Iron: 0.86mg (4.8%), Calcium: 36.99mg (3.7%), Vitamin E: 0.31mg (2.07%)