






 **51%**
HEALTH SCORE

Chicken Stock

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

READY IN

260 min.

SERVINGS

12

CALORIES

957 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 2 teaspoons peppercorns whole black
- 6 carrots unpeeled halved
- 4 stalks celery with leaves, cut into thirds
- 20 sprigs optional: dill fresh
- 20 sprigs parsley fresh
- 15 sprigs thyme leaves fresh
- 1 head garlic unpeeled cut in 1/2 crosswise
- 2 tablespoons kosher salt

- 4 parsnips unpeeled cut in half, optional
- 15 pound roasting chickens
- 3 large onions yellow unpeeled quartered

Equipment

- pot
- colander

Directions

- Watch how to make this recipe.
- Place the chickens, onions, carrots, celery, parsnips, parsley, thyme, dill, garlic, and seasonings in a 16 to 20-quart stockpot.
- Add 7 quarts of water and bring to a boil. Simmer, uncovered, for 4 hours. Strain the entire contents of the pot through a colander and discard the solids. Chill the stock overnight. The next day, remove the surface fat. Use immediately or pack in containers and freeze for up to 3 months.

Nutrition Facts

PROTEIN 30.79% **FAT 61.49%** **CARBS 7.72%**

Properties

Glycemic Index:25.99, Glycemic Load:5.7, Inflammation Score:-10, Nutrition Score:41.435652069424%

Flavonoids

Apigenin: 4.01mg, Apigenin: 4.01mg, Apigenin: 4.01mg, Apigenin: 4.01mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg

Nutrients (% of daily need)

Calories: 957.06kcal (47.85%), Fat: 64.35g (99%), Saturated Fat: 18.33g (114.57%), Carbohydrates: 18.16g (6.05%), Net Carbohydrates: 13.46g (4.89%), Sugar: 5.74g (6.37%), Cholesterol: 355.96mg (118.65%), Sodium: 1488.5mg (64.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.5g (145%), Vitamin A: 8874.88IU (177.5%), Vitamin

B3: 27.42mg (137.12%), Vitamin B6: 1.51mg (75.27%), Phosphorus: 751.61mg (75.16%), Selenium: 49.59µg (70.84%), Vitamin B12: 4.1µg (68.29%), Vitamin B5: 4.73mg (47.27%), Vitamin K: 48.28µg (45.98%), Vitamin B2: 0.78mg (45.97%), Folate: 163.74µg (40.94%), Zinc: 5.84mg (38.93%), Iron: 6.64mg (36.87%), Potassium: 1230.67mg (35.16%), Vitamin C: 28.93mg (35.07%), Manganese: 0.67mg (33.54%), Magnesium: 107.39mg (26.85%), Vitamin B1: 0.34mg (22.57%), Fiber: 4.71g (18.83%), Copper: 0.37mg (18.54%), Calcium: 100.26mg (10.03%), Vitamin E: 1.04mg (6.91%)