



Chicken Stock

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

READY IN



45 min.

SERVINGS



4

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon peppercorns whole black
- 2 large carrots peeled cut into 1" pieces
- 2 celery stalks cut into 1" pieces
- 4 pounds chicken wings
- 6 sprigs flat parsley
- 1 medium onion unpeeled cut into 1" pieces

Equipment

- bowl

whisk

pot

Directions

Combine all ingredients and 3 quarts coldwater in a large stockpot. Bring to a boil;reduce heat and simmer gently, skimmingthe surface occasionally, until stock isreduced by one-third, 2 1/2-3 hours.

Strain stock through a fine-mesh sieveinto a large bowl; discard solids. DO AHEAD:Stock can be made 3 days ahead.

Let coolcompletely, then cover and chill, or freezefor up to 3 months.

And Three Ways To Use It

Pasta in Brodo

Reduce stock by half to concentrate its flavor.

Add tortellini or small bow-tie pasta and cookuntil the pasta is al dente.

Serve with grated

Parmesan sprinkled over.Garlic Soup

Simmer stock with a few cloves of garlic (orlots, if you'd prefer) until the broth is flavoredto your liking. Crack an egg into the pot andlightly poach. We like to double down andserve the garlicky soup with a garlic-rubbedpiece of toast.Tomato Rice

Whisk a spoonful of tomato paste into stockand use the mixture in place of water to cooka pot of rice. This simple dish is a favoriteof ours to serve with black beans or alongsidepan-roasted fish.

Nutrition Facts

 PROTEIN **32.42%**  FAT **62.7%**  CARBS **4.88%**

Properties

Glycemic Index:42.46, Glycemic Load:1.87, Inflammation Score:-10, Nutrition Score:22.855217327242%

Flavonoids

Apigenin: 3.29mg, Apigenin: 3.29mg, Apigenin: 3.29mg, Apigenin: 3.29mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg,

Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg
Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 5.67mg, Quercetin:
5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 573.11kcal (28.66%), Fat: 39.28g (60.43%), Saturated Fat: 11.01g (68.84%), Carbohydrates: 6.88g (2.29%),
Net Carbohydrates: 5.04g (1.83%), Sugar: 2.92g (3.24%), Cholesterol: 188.6mg (62.87%), Sodium: 207.41mg
(9.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.71g (91.41%), Vitamin A: 6516.13IU (130.32%), Vitamin
B3: 14.94mg (74.7%), Selenium: 38.2µg (54.58%), Vitamin B6: 0.95mg (47.3%), Phosphorus: 346.98mg (34.7%),
Vitamin K: 31.85µg (30.33%), Zinc: 3.42mg (22.82%), Vitamin B5: 2.03mg (20.35%), Potassium: 565.59mg (16.16%),
Iron: 2.7mg (14.98%), Vitamin B2: 0.25mg (14.61%), Manganese: 0.28mg (13.79%), Magnesium: 54.01mg (13.5%),
Vitamin B12: 0.78µg (13.06%), Vitamin B1: 0.16mg (10.46%), Vitamin C: 7.93mg (9.61%), Fiber: 1.84g (7.34%), Copper:
0.14mg (7.25%), Vitamin E: 1.01mg (6.71%), Folate: 25.05µg (6.26%), Calcium: 55.34mg (5.53%), Vitamin D: 0.24µg
(1.63%)