



## Chicken Stock

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

READY IN



85 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 lb chicken whole
- 1 teaspoon salt
- 0.5 teaspoon pepper
- 1 medium stalk celery with leaves, cut up
- 1 medium carrots
- 1 small onion
- 1 sprig parsley fresh
- 4.5 cups water cold

## Equipment

- sieve
- wooden spoon
- dutch oven
- tongs

## Directions

- In 4-quart Dutch oven or stockpot, place chicken.
- Add remaining ingredients; heat to boiling. Skim foam from broth; reduce heat. Cover; simmer about 45 minutes or until juice of chicken is clear when thickest part is cut to bone (at least 165°F).
- Carefully remove chicken from broth by placing wooden spoon into cavity and lifting with fork or tongs. Cool chicken about 10 minutes or just until cool enough to handle. Strain broth through fine strainer; discard vegetables.
- Remove skin and bones from chicken.
- Cut chicken into 1/2-inch pieces. Skim fat from broth. Use broth and chicken immediately, or cover and refrigerate broth and chicken in separate containers up to 24 hours or freeze up to 6 months.

## Nutrition Facts

 **PROTEIN 34.27%**  **FAT 61.76%**  **CARBS 3.97%**

## Properties

Glycemic Index:42.46, Glycemic Load:0.92, Inflammation Score:-9, Nutrition Score:14.993913028551%

## Flavonoids

Apigenin: 0.83mg, Apigenin: 0.83mg, Apigenin: 0.83mg, Apigenin: 0.83mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

## Nutrients (% of daily need)

Calories: 366.45kcal (18.32%), Fat: 24.67g (37.96%), Saturated Fat: 7.06g (44.11%), Carbohydrates: 3.57g (1.19%), Net Carbohydrates: 2.61g (0.95%), Sugar: 1.6g (1.78%), Cholesterol: 122.47mg (40.82%), Sodium: 728.4mg (31.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.81g (61.62%), Vitamin A: 2843.95IU (56.88%), Vitamin B3: 11.31mg (56.57%), Selenium: 23.67µg (33.82%), Vitamin B6: 0.62mg (31.1%), Phosphorus: 253.39mg (25.34%), Vitamin B5: 1.58mg (15.78%), Zinc: 2.25mg (15.02%), Vitamin B2: 0.22mg (12.7%), Potassium: 413.8mg (11.82%), Vitamin K: 11.97µg (11.4%), Magnesium: 40.57mg (10.14%), Iron: 1.62mg (8.98%), Vitamin B12: 0.51µg (8.44%), Vitamin B1: 0.12mg (7.91%), Copper: 0.14mg (7.12%), Vitamin C: 5.45mg (6.61%), Manganese: 0.12mg (5.97%), Folate: 20.04µg (5.01%), Vitamin E: 0.63mg (4.17%), Calcium: 40.82mg (4.08%), Fiber: 0.96g (3.82%), Vitamin D: 0.33µg (2.18%)