

Chicken Stock



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 1 tablespoon peppercorns black
- ☐ 2 carrots 2-inch-thick cut into pieces
- ☐ 3.5 pound chicken (broiler-fryer)
- ☐ 6 garlic clove sliced
- ☐ 1 medium onion unpeeled quartered
- ☐ 10 parsley
- ☐ 1 teaspoon salt

☐ 8 cups water

Equipment

☐ bowl

☐ sieve

☐ dutch oven

Directions

☐ Combine first 8 ingredients in a large Dutch oven; add water. Bring to a boil over medium heat. Reduce heat; simmer, uncovered, 40 minutes or until chicken is done.

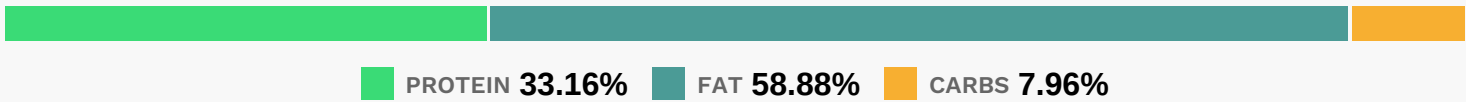
☐ Remove chicken from cooking liquid; cool.

☐ Remove meat from bones, and reserve for use in the following recipes. Return bones to cooking liquid; stir in vinegar, if desired. Partially cover and simmer 1 hour.

☐ Strain the stock through a sieve into a large bowl, and discard the solids. Cover and chill the stock for 8 hours. Skim the solidified fat from the surface of the stock, and discard.

☐ Note: Reserved meat from chicken will keep 3 days in an airtight container in refrigerator or 3 months in freezer.

Nutrition Facts



Properties

Glycemic Index:27.97, Glycemic Load:1.53, Inflammation Score:-9, Nutrition Score:15.679565160171%

Flavonoids

Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 298.14kcal (14.91%), Fat: 19.28g (29.66%), Saturated Fat: 5.52g (34.48%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 4.43g (1.61%), Sugar: 1.8g (2%), Cholesterol: 95.25mg (31.75%), Sodium: 508.81mg (22.12%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.43g (48.86%), Vitamin A: 3727.94IU (74.56%), Vitamin B3: 8.92mg (44.61%), Vitamin K: 34.78µg (33.12%), Selenium: 18.91µg (27.02%), Vitamin B6: 0.54mg (26.95%), Phosphorus: 207.38mg (20.74%), Manganese: 0.35mg (17.37%), Vitamin B5: 1.28mg (12.82%), Zinc: 1.85mg (12.34%), Potassium: 375.63mg (10.73%), Vitamin B2: 0.18mg (10.43%), Vitamin C: 7.76mg (9.41%), Magnesium: 37.33mg (9.33%), Iron: 1.58mg (8.8%), Copper: 0.16mg (8.09%), Vitamin B1: 0.11mg (7.15%), Vitamin B12: 0.39µg (6.56%), Fiber: 1.43g (5.74%), Calcium: 50.13mg (5.01%), Folate: 17.96µg (4.49%), Vitamin E: 0.55mg (3.67%), Vitamin D: 0.25µg (1.69%)