



Chicken Stock



Gluten Free



Popular

READY IN



125 min.

SERVINGS



6

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 teaspoon peppercorns black
- ☐ 2 carrots coarsely chopped
- ☐ 2 stalks celery coarsely chopped
- ☐ 1 chicken carcasses
- ☐ 2 cloves garlic smashed
- ☐ 1 onion coarsely chopped
- ☐ 2 inch parmesan cheese rind

- ☐ 6 sprigs parsley
- ☐ 1 sprig thyme leaves
- ☐ 6 servings water

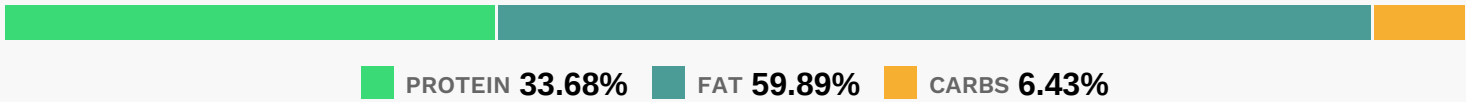
Equipment

- ☐ pot

Directions

- ☐ Place everything in a large stock pot, cover with 4 inches of water, bring to a boil, reduce the heat and simmer for 2 hours.Strain the solids from the stock and discard them.Optionally, let the stock cool in the fridge over night and skim off any fat before using.

Nutrition Facts



Properties

Glycemic Index:45.31, Glycemic Load:1.27, Inflammation Score:-10, Nutrition Score:15.135652334794%

Flavonoids

Apigenin: 2.54mg, Apigenin: 2.54mg, Apigenin: 2.54mg, Apigenin: 2.54mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 307kcal (15.35%), Fat: 20.13g (30.96%), Saturated Fat: 6.06g (37.9%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 3.59g (1.3%), Sugar: 1.97g (2.19%), Cholesterol: 97.55mg (32.52%), Sodium: 181.96mg (7.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.47g (50.94%), Vitamin A: 3757.99IU (75.16%), Vitamin B3: 8.94mg (44.68%), Selenium: 19.38µg (27.69%), Vitamin B6: 0.52mg (26.15%), Vitamin K: 25.64µg (24.42%), Phosphorus: 229mg (22.9%), Vitamin B5: 1.3mg (12.98%), Zinc: 1.91mg (12.73%), Vitamin B2: 0.19mg (11.28%), Potassium: 385.23mg (11.01%), Magnesium: 36.69mg (9.17%), Vitamin C: 6.93mg (8.39%), Calcium: 83.74mg (8.37%), Manganese: 0.16mg (8.1%), Iron: 1.46mg (8.08%), Vitamin B12: 0.43µg (7.25%), Vitamin B1: 0.11mg (7.03%), Copper: 0.13mg (6.56%), Folate: 21.75µg (5.44%), Fiber: 1.27g (5.09%), Vitamin E: 0.57mg (3.83%), Vitamin D: 0.27µg (1.81%)