

# Chicken Stock

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

READY IN



45 min.

SERVINGS



7

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 bay leaf
- 3 carrots cut into 2 inch pieces
- 3 stalks celery
- 4 pounds meat from a rotisserie chicken
- 1 teaspoon ginger fresh grated
- 1 large onion halved
- 7 servings salt to taste
- 7 cups water

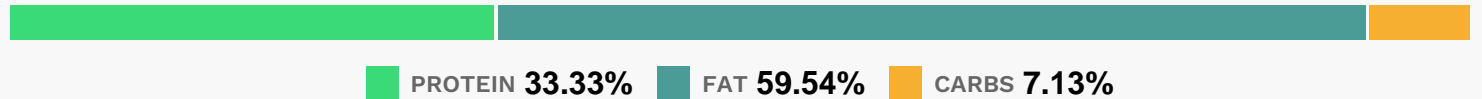
# Equipment

pot

# Directions

- Place the chicken in a large pot over high heat.
- Add water to cover and bring to a boil, then reduce heat to medium low and simmer for 1 hour.
- Remove chicken from pot. Leave water in pot. Cool chicken.
- Remove skin and bones from meat. Return bones and skin to pot.
- Add onions, carrots, celery, bay leaf, ginger, and salt. Continue simmering for 3 to 4 hours.
- Strain and cool the stock, uncovered.
- Use the meat for soups, salads, sandwiches, or other dishes where cooked chicken is needed. After stock has been defatted, use or freeze immediately. I freeze the stock in one-cup amounts and use instead of water for cooking rice or vegetables or making gravy.

# Nutrition Facts



# Properties

Glycemic Index:17.26, Glycemic Load:1.35, Inflammation Score:-10, Nutrition Score:14.489565336186%

# Flavonoids

Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

# Nutrients (% of daily need)

Calories: 289.45kcal (14.47%), Fat: 18.85g (29.01%), Saturated Fat: 5.39g (33.67%), Carbohydrates: 5.08g (1.69%), Net Carbohydrates: 3.7g (1.34%), Sugar: 2.38g (2.65%), Cholesterol: 93.31mg (31.1%), Sodium: 325.36mg (14.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.74g (47.49%), Vitamin A: 4619.89IU (92.4%), Vitamin B3: 8.8mg (44%), Selenium: 18.12µg (25.89%), Vitamin B6: 0.51mg (25.53%), Phosphorus: 202.48mg (20.25%), Vitamin

B5: 1.27mg (12.73%), Zinc: 1.78mg (11.85%), Potassium: 395.96mg (11.31%), Vitamin B2: 0.18mg (10.6%), Vitamin K: 10.43µg (9.93%), Magnesium: 34.56mg (8.64%), Iron: 1.29mg (7.15%), Vitamin B1: 0.11mg (7.03%), Vitamin C: 5.67mg (6.87%), Vitamin B12: 0.39µg (6.43%), Copper: 0.12mg (6.23%), Folate: 22.73µg (5.68%), Fiber: 1.38g (5.52%), Manganese: 0.11mg (5.43%), Calcium: 41.48mg (4.15%), Vitamin E: 0.6mg (3.98%), Vitamin D: 0.25µg (1.66%)