



## Duck Stock



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



17 kcal

SIDE DISH

## Ingredients

- ☐ 2 bay leaves
- ☐ 1 teaspoon peppercorns black
- ☐ 3 rib celery quartered
- ☐ 64 ounce chicken broth
- ☐ 5 sprigs thyme leaves fresh
- ☐ 1 bell pepper green quartered
- ☐ 2 medium onions quartered
- ☐ 2 quarts water

- ☐ 10 pound dressed ducks
- ☐ 10 pound dressed ducks

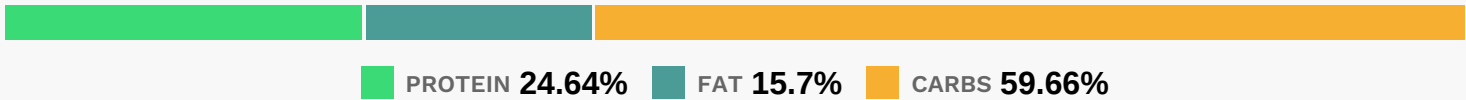
## Equipment

- ☐ bowl
- ☐ oven
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ dutch oven

## Directions

- ☐ Place ducks on a rack in a large roasting pan.
- ☐ Bake at 350 until a meat thermometer inserted into the thickest portion registers 180 (about 2 hours and 15 minutes). Cool completely.
- ☐ Remove meat from ducks, reserving bones. Chop meat, and set aside for gumbo.
- ☐ Combine duck bones and remaining ingredients in a large Dutch oven; bring to a boil. Reduce heat, and simmer, uncovered, 1 hour. Skim fat and foam off top of stock after first 10 minutes of simmering.
- ☐ Pour stock through a wire-mesh strainer into a large bowl, discarding solids.
- ☐ Note: Store stock in a tightly covered container in refrigerator up to 3 days, or freeze up to 3 months.

## Nutrition Facts



## Properties

Glycemic Index:10.43, Glycemic Load:0.41, Inflammation Score:-4, Nutrition Score:2.1073912965215%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 16.99kcal (0.85%), Fat: 0.32g (0.49%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 2.74g (0.91%), Net Carbohydrates: 2.19g (0.8%), Sugar: 1.43g (1.59%), Cholesterol: 2.59mg (0.86%), Sodium: 488.72mg (21.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Vitamin C: 8.58mg (10.4%), Manganese: 0.14mg (6.89%), Vitamin B2: 0.09mg (5.03%), Copper: 0.06mg (2.96%), Vitamin B1: 0.04mg (2.66%), Fiber: 0.55g (2.19%), Vitamin B6: 0.04mg (2.02%), Potassium: 68.13mg (1.95%), Vitamin B3: 0.35mg (1.77%), Calcium: 16.75mg (1.67%), Magnesium: 6.22mg (1.55%), Iron: 0.25mg (1.4%), Phosphorus: 12.38mg (1.24%), Vitamin K: 1.27µg (1.21%), Vitamin A: 54.89IU (1.1%), Folate: 4.15µg (1.04%), Zinc: 0.15mg (1.02%)