



## Fresh Vegetable Broth

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



50 kcal

SIDE DISH

## Ingredients

- 1 basil sprig
- 3 bay leaves
- 12 peppercorns black
- 2 cups carrots chopped
- 2 cups celery chopped
- 4 garlic cloves unpeeled
- 1 cup leek chopped
- 3 cups onion chopped

- 1 parsley sprig
- 2 cups parsnips chopped
- 1 rosemary sprig
- 1 teaspoon salt
- 1 thyme sprig
- 5 quarts water cold

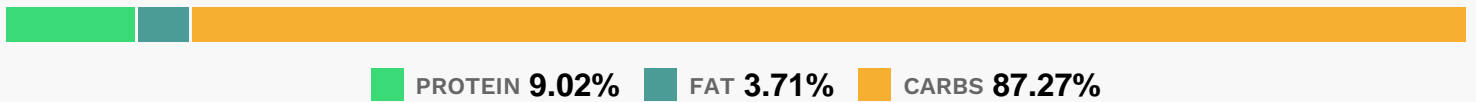
## Equipment

- bowl
- pot
- colander
- cheesecloth

## Directions

- Combine all ingredients except salt in an 8-quart stockpot. Bring to a boil; reduce heat, and simmer, uncovered, for 3 hours. Strain mixture through a cheesecloth-lined colander into a large bowl, pressing vegetables with the back of a spoon to remove as much liquid as possible; discard solids. Stir in salt.
- Note: Store broth in refrigerator in an airtight container for up to 1 week.
- Pour 2 cups broth into freezer-safe containers; freeze for up to 3 months.

## Nutrition Facts



## Properties

Glycemic Index:39.07, Glycemic Load:3.49, Inflammation Score:-10, Nutrition Score:8.6808696104133%

## Flavonoids

Apigenin: 0.67mg, Apigenin: 0.67mg, Apigenin: 0.67mg, Apigenin: 0.67mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg

Quercetin: 8.47mg

## Nutrients (% of daily need)

Calories: 50.22kcal (2.51%), Fat: 0.22g (0.34%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 11.77g (3.92%), Net Carbohydrates: 8.93g (3.25%), Sugar: 4.3g (4.77%), Cholesterol: 0mg (0%), Sodium: 247.25mg (10.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.43%), Vitamin A: 3779.15IU (75.58%), Vitamin K: 18.07µg (17.21%), Manganese: 0.29mg (14.67%), Vitamin C: 9.98mg (12.09%), Fiber: 2.84g (11.35%), Folate: 37.62µg (9.4%), Potassium: 273.57mg (7.82%), Vitamin B6: 0.14mg (7.04%), Copper: 0.14mg (6.75%), Magnesium: 21.53mg (5.38%), Calcium: 50.36mg (5.04%), Phosphorus: 43.32mg (4.33%), Vitamin B1: 0.06mg (4.18%), Vitamin E: 0.6mg (3.97%), Vitamin B5: 0.3mg (3%), Iron: 0.53mg (2.95%), Vitamin B2: 0.05mg (2.82%), Vitamin B3: 0.51mg (2.53%), Zinc: 0.34mg (2.25%), Selenium: 0.91µg (1.3%)