



 **59%**  
HEALTH SCORE

## Giblet Broth

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**762 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons butter
- 1 cup carrots chopped
- 1 cup celery chopped
- 10 cups fat-skimmed chicken broth
- 1 cup onions chopped
- 10 pound giblets and neck from a turkey

## Equipment

- frying pan

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## Directions

- Rinse giblets and neck. Wrap liver airtight and chill to use in gravy, or save for other uses.
- In a 5- to 6-quart pan over high heat, melt butter; add gizzard, heart, and neck and turn often until well browned, about 5 minutes.
- Add carrots, celery, and onions and stir often until onions are lightly brown, about 5 minutes.
- Add broth and stir to release browned bits. Cover and bring to a boil. Reduce heat and simmer until gizzard is very tender when pierced, 1 1/4 to 1 1/2 hours.
- Pour the broth through a fine strainer into a 2-quart measure. Reserve neck and giblets; discard vegetables. If you have more than 8 cups of broth, boil to reduce; if you have less, add chicken broth.

## Nutrition Facts

**PROTEIN 51.83%** **FAT 45.89%** **CARBS 2.28%**

## Properties

Glycemic Index:13.23, Glycemic Load:0.98, Inflammation Score:-9, Nutrition Score:43.98913031039%

## Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

## Nutrients (% of daily need)

Calories: 761.58kcal (38.08%), Fat: 37.63g (57.89%), Saturated Fat: 9.94g (62.14%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 3.21g (1.17%), Sugar: 2.2g (2.45%), Cholesterol: 652.04mg (217.35%), Sodium: 2536.57mg (110.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 95.63g (191.26%), Selenium: 168.57µg (240.81%), Vitamin B12: 10.55µg (175.83%), Vitamin B3: 29.72mg (148.62%), Zinc: 19.37mg (129.11%), Vitamin B6: 2.16mg (107.97%), Phosphorus: 953.63mg (95.36%), Vitamin B2: 1.28mg (75.24%), Vitamin A: 3099.05IU (61.98%), Vitamin B5: 4.98mg (49.84%), Copper: 0.88mg (43.92%), Iron: 6.24mg (34.66%), Potassium: 953.92mg (27.25%), Magnesium: 93.3mg (23.32%), Vitamin B1: 0.33mg (22.12%), Manganese: 0.41mg (20.52%), Calcium: 163.41mg (16.34%), Vitamin D: 1.7µg (11.34%), Folate: 42.61µg (10.65%), Vitamin E: 0.93mg (6.22%), Vitamin K: 5.89µg (5.61%), Fiber: 0.99g (3.96%), Vitamin C: 2.82mg (3.42%)