



Grandma Egan's Chicken Stock

 Gluten Free  Dairy Free

READY IN



210 min.

SERVINGS



8

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 stalks celery chopped
- 8 pound meat from a rotisserie chicken
- 1 onions quartered

Equipment

- pot
- cheesecloth

Directions

- Place chicken, celery, and onion in large stock pot. Cover ingredients with water. Bring to a rolling boil.
- Skim off excess fat. Reduce heat to simmer, and cook 2 to 3 hours.
- Remove chicken and vegetables. Strain soup, using cheese cloth.

Nutrition Facts

PROTEIN 35.03% **FAT 63.49%** **CARBS 1.48%**

Properties

Glycemic Index:7.38, Glycemic Load:0.35, Inflammation Score:-4, Nutrition Score:15.326521712801%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 475.71kcal (23.79%), Fat: 32.83g (50.51%), Saturated Fat: 9.4g (58.72%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.26g (0.46%), Sugar: 0.78g (0.87%), Cholesterol: 163.29mg (54.43%), Sodium: 164.96mg (7.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.75g (81.5%), Vitamin B3: 14.87mg (74.36%), Selenium: 31.48µg (44.97%), Vitamin B6: 0.79mg (39.48%), Phosphorus: 327.64mg (32.76%), Vitamin B5: 2.04mg (20.35%), Zinc: 2.9mg (19.3%), Vitamin B2: 0.27mg (16.09%), Potassium: 470.57mg (13.44%), Magnesium: 46.57mg (11.64%), Vitamin B12: 0.67µg (11.25%), Iron: 2.02mg (11.21%), Vitamin B1: 0.14mg (9.34%), Vitamin A: 372.44IU (7.45%), Vitamin K: 7.72µg (7.35%), Vitamin C: 4.97mg (6.02%), Copper: 0.12mg (5.76%), Folate: 21.08µg (5.27%), Vitamin E: 0.7mg (4.64%), Manganese: 0.07mg (3.73%), Calcium: 33.11mg (3.31%), Vitamin D: 0.44µg (2.9%), Fiber: 0.47g (1.89%)