



Herb Broth

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

9

CALORIES

calories

12 kcal

SIDE DISH

Ingredients

- ☐ 4 bay leaves
- ☐ 1 teaspoon peppercorns black
- ☐ 20 flat-leaf parsley sprigs
- ☐ 2 garlic heads whole separated crushed
- ☐ 1 onion sliced
- ☐ 20 sage leaves
- ☐ 1 teaspoon salt
- ☐ 12 thyme sprigs

- ☐ 2 tablespoons tomato paste
- ☐ 3 quarts water

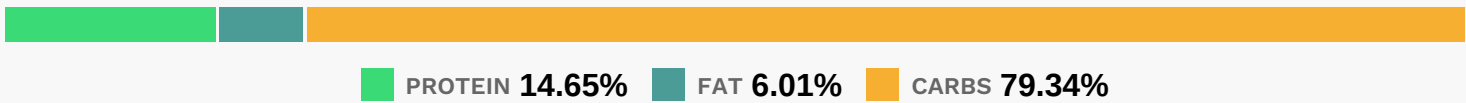
Equipment

- ☐ sieve
- ☐ dutch oven
- ☐ cheesecloth

Directions

- ☐ Combine all ingredients in a Dutch oven over medium-high heat; bring to a boil. Reduce heat to medium, and cook for 30 minutes. Strain mixture through a cheesecloth-lined sieve, reserving broth. Discard solids.
- ☐ Note: Broth may be stored in the refrigerator for up to 2 days or in the freezer for 6 months. Freeze in ice cube trays or 1-cup freezer containers for easy measuring.

Nutrition Facts



Properties

Glycemic Index:23.44, Glycemic Load:0.7, Inflammation Score:-8, Nutrition Score:4.3673912545909%

Flavonoids

Apigenin: 4.82mg, Apigenin: 4.82mg, Apigenin: 4.82mg, Apigenin: 4.82mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 12.44kcal (0.62%), Fat: 0.1g (0.15%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 2.09g (0.76%), Sugar: 0.98g (1.09%), Cholesterol: 0mg (0%), Sodium: 304.33mg (13.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Vitamin K: 37.71µg (35.91%), Copper: 0.36mg (18.06%), Vitamin C: 7mg (8.49%), Manganese: 0.14mg (6.99%), Vitamin A: 310.5IU (6.21%), Iron: 0.59mg (3.29%), Fiber: 0.77g (3.08%), Calcium: 26.52mg (2.65%), Magnesium: 10.33mg (2.58%), Potassium: 84.17mg (2.4%), Vitamin B6: 0.04mg (1.97%), Folate: 6.91µg (1.73%), Vitamin E: 0.18mg (1.18%), Vitamin B2: 0.02mg (1.12%), Phosphorus: 11.07mg (1.11%)