



Homemade Chicken Stock

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



18

CALORIES



250 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 bay leaves
- 2 carrots cut into 3-inch pieces
- 4 celery stalks cut into 3-inch pieces
- 8 pounds chicken wings
- 2 onions quartered
- 15 parsley sprigs
- 10 thyme sprigs
- 5 quarts water divided

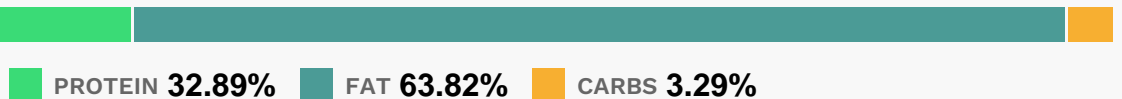
Equipment

- bowl
- frying pan
- oven
- pot
- sieve

Directions

- Preheat oven to 42
- Place chicken wings on 2 jelly-roll pans coated with cooking spray.
- Bake wings for 1 hour or until browned.
- Place wings in a stockpot.
- Pour 1/2 quart water into each jelly-roll pan, scraping to loosen browned bits.
- Pour water mixture into stockpot.
- Add remaining 4 quarts water, celery, and remaining ingredients to stockpot. Bring to a boil. Reduce heat to low, and simmer 4 hours, skimming off and discarding foam as needed. Strain stock through a fine sieve into a large bowl; discard solids. Cool stock to room temperature. Cover and refrigerate 8 hours. Skim solidified fat from surface of stock; discard fat.

Nutrition Facts



Properties

Glycemic Index:10.16, Glycemic Load:0.51, Inflammation Score:-8, Nutrition Score:9.2647825116697%

Flavonoids

Apigenin: 1.84mg, Apigenin: 1.84mg, Apigenin: 1.84mg, Apigenin: 1.84mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg 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: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 250.38kcal (12.52%), Fat: 17.43g (26.82%), Saturated Fat: 4.89g (30.55%), Carbohydrates: 2.02g (0.67%), Net Carbohydrates: 1.5g (0.54%), Sugar: 0.86g (0.95%), Cholesterol: 83.82mg (27.94%), Sodium: 99.01mg (4.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.22g (40.43%), Vitamin B3: 6.56mg (32.78%), Vitamin A: 1394.18IU (27.88%), Selenium: 16.95µg (24.21%), Vitamin B6: 0.41mg (20.43%), Phosphorus: 150.92mg (15.09%), Vitamin K: 14.87µg (14.16%), Zinc: 1.53mg (10.21%), Vitamin B5: 0.88mg (8.75%), Iron: 1.24mg (6.88%), Magnesium: 25.68mg (6.42%), Vitamin B2: 0.11mg (6.3%), Potassium: 219.76mg (6.28%), Vitamin B12: 0.35µg (5.81%), Vitamin C: 4.1mg (4.97%), Copper: 0.1mg (4.96%), Vitamin B1: 0.06mg (4.23%), Calcium: 29.89mg (2.99%), Manganese: 0.06mg (2.91%), Vitamin E: 0.38mg (2.55%), Folate: 9.83µg (2.46%), Fiber: 0.52g (2.09%)