



HEALTH SCORE

79%

Homemade Turkey Stock



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



7

CALORIES



1115 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 bay leaves



0.3 teaspoon peppercorns black



0.5 cup carrots chopped



0.5 cup celery chopped



0.5 teaspoon thyme dried



28 ounce fat-skimmed beef broth fat-free canned



0.5 cup onion chopped



3 parsley

- ☐ 12 pound turkey heart
- ☐ 2 teaspoons vegetable oil
- ☐ 8 cups water cold

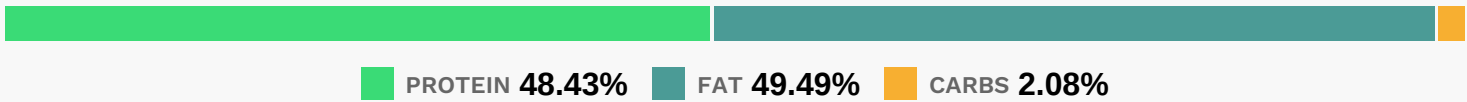
Equipment

- ☐ bowl
- ☐ pot
- ☐ sieve

Directions

- ☐ Heat oil in a large stockpot over medium-high heat.
- ☐ Add heart, neck, and gizzard; saut 5 minutes.
- ☐ Add onion, carrot, and celery; saut 4 minutes.
- ☐ Add water and broth; bring to a boil.
- ☐ Add thyme, peppercorns, parsley, and bay leaf. Reduce heat; simmer 2 hours. Strain through a sieve over a bowl; discard solids. Cool to room temperature. Cover and chill overnight. Skim solidified fat from surface.

Nutrition Facts



Properties

Glycemic Index:24.26, Glycemic Load:0.58, Inflammation Score:-9, Nutrition Score:60.82869569115%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 1114.64kcal (55.73%), Fat: 59.39g (91.37%), Saturated Fat: 15.16g (94.78%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 4.96g (1.8%), Sugar: 1.19g (1.32%), Cholesterol: 1749.57mg (583.19%), Sodium: 1493.26mg (64.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 130.77g (261.53%), Vitamin B12: 103.65µg (1727.43%), Vitamin B2: 8.82mg (519.06%), Selenium: 277.87µg (396.95%), Vitamin B3: 50.85mg (254.23%), Vitamin B5: 24.46mg (244.57%), Copper: 3.87mg (193.7%), Vitamin B6: 3.77mg (188.68%), Zinc: 25.07mg (167.15%), Iron: 29.13mg (161.84%), Phosphorus: 1444.36mg (144.44%), Vitamin B1: 1.3mg (86.98%), Vitamin A: 3972.23IU (79.44%), Manganese: 0.87mg (43.42%), Potassium: 1495.72mg (42.73%), Magnesium: 170.82mg (42.71%), Vitamin C: 25.55mg (30.97%), Vitamin D: 3.11µg (20.74%), Vitamin E: 2.61mg (17.39%), Calcium: 163.9mg (16.39%), Vitamin K: 14.24µg (13.56%), Fiber: 0.65g (2.6%), Folate: 8.54µg (2.13%)