



How to Make Stock



Gluten Free



Dairy Free

READY IN



820 min.

SERVINGS



6

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 carrots cut into chunks
- ☐ 1 stalk celery cut into chunks
- ☐ 3 pounds chicken necks and backs
- ☐ 4 sprigs thyme leaves fresh chopped
- ☐ 2 cloves garlic peeled
- ☐ 1 large onion sliced into 6 segments
- ☐ 3 quarts water cold

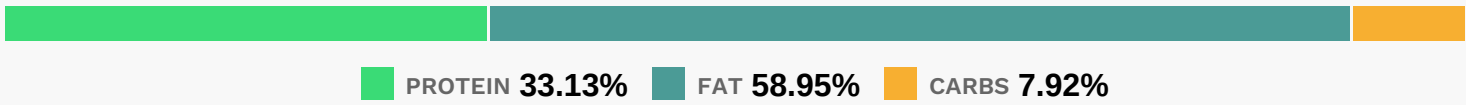
Equipment

- ☐ pot
- ☐ sieve

Directions

- ☐ Combine chicken, onion, carrots, celery, garlic, thyme, and bay leaf in a large stockpot; pour water into pot. Bring to a gentle simmer over medium-low heat, being careful not to let the mixture come to a boil. Once simmering, skim off any foam or impurities that accumulate on the surface of the water and reduce the heat to low.
- ☐ Gently simmer the mixture on low for 12 hours, skimming off any foam as needed.
- ☐ Remove stockpot from heat and let cool for 1 hour.
- ☐ Pour stock through a fine strainer and transfer to food-safe containers.

Nutrition Facts



Properties

Glycemic Index:30.14, Glycemic Load:1.31, Inflammation Score:-10, Nutrition Score:12.522608705189%

Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 255.54kcal (12.78%), Fat: 16.5g (25.38%), Saturated Fat: 4.72g (29.48%), Carbohydrates: 4.99g (1.66%), Net Carbohydrates: 3.77g (1.37%), Sugar: 2.12g (2.36%), Cholesterol: 81.65mg (27.22%), Sodium: 120.46mg (5.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.86g (41.72%), Vitamin A: 3612.52IU (72.25%), Vitamin B3: 7.67mg (38.37%), Vitamin B6: 0.46mg (22.95%), Selenium: 15.99µg (22.84%), Phosphorus: 178.25mg (17.82%), Vitamin B5: 1.1mg (11.02%), Zinc: 1.6mg (10.65%), Potassium: 332.81mg (9.51%), Vitamin B2: 0.16mg (9.25%), Magnesium: 33.51mg (8.38%), Copper: 0.16mg (7.8%), Vitamin C: 6.39mg (7.74%), Iron: 1.25mg (6.93%), Vitamin B1: 0.09mg (6.26%), Vitamin K: 6.39µg (6.08%), Manganese: 0.12mg (5.92%), Vitamin B12: 0.34µg (5.62%), Fiber: 1.22g

(4.88%), Calcium: 45.95mg (4.59%), Folate: 17.91µg (4.48%), Vitamin E: 0.48mg (3.23%), Vitamin D: 0.22µg (1.45%)