



Leftover T-Day Turkey Stock



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



265 min.

SERVINGS



10

CALORIES



30 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 1 tablespoon peppercorns whole black
- ☐ 2 carrots chopped
- ☐ 3 ribs celery chopped
- ☐ 1 head garlic halved lengthwise
- ☐ 1 teaspoon ground sage
- ☐ 1 tablespoon olive oil
- ☐ 1 onion quartered

- ☐ 1 sprig rosemary
- ☐ 4 teaspoons salt
- ☐ 4 quarts water or as needed

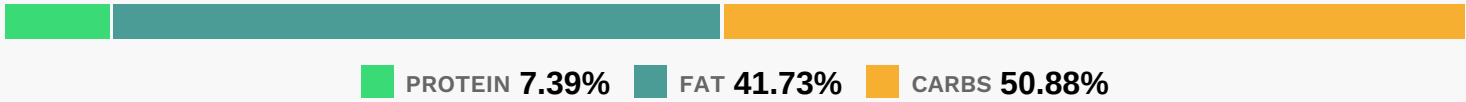
Equipment

- ☐ pot

Directions

- ☐ Heat oil in a large stockpot over medium heat. Cook and stir celery, carrots, onion, and garlic in oil until slightly softened and fragrant, 5 minutes.
- ☐ Add turkey, bay leaves, salt, peppercorns, rosemary, and dried sage. Cook until fragrant, 5 minutes more.
- ☐ Pour enough water in to cover turkey and vegetables.
- ☐ Bring mixture to a boil, cover pot, and reduce heat to low. Simmer, skimming fat occasionally, until flavors are blended, 4 to 5 hours. Strain liquid into a container and discard carcass and vegetables.

Nutrition Facts



Properties

Glycemic Index:23.78, Glycemic Load:1.05, Inflammation Score:-8, Nutrition Score:4.3569565259892%

Flavonoids

Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 30.27kcal (1.51%), Fat: 1.51g (2.33%), Saturated Fat: 0.23g (1.41%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 3.1g (1.13%), Sugar: 1.24g (1.38%), Cholesterol: 0mg (0%), Sodium: 968.29mg (42.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.2%), Vitamin A: 2100.09IU (42%), Manganese: 0.22mg (11.14%),

Vitamin K: 7.87µg (7.49%), Copper: 0.1mg (4.86%), Fiber: 1.05g (4.18%), Vitamin B6: 0.08mg (3.87%), Vitamin C: 2.8mg (3.39%), Calcium: 33.26mg (3.33%), Potassium: 111.33mg (3.18%), Magnesium: 10.19mg (2.55%), Folate: 9.08µg (2.27%), Vitamin E: 0.33mg (2.2%), Phosphorus: 16.24mg (1.62%), Vitamin B1: 0.02mg (1.5%), Iron: 0.26mg (1.44%), Vitamin B2: 0.02mg (1.29%), Vitamin B5: 0.11mg (1.07%), Vitamin B3: 0.2mg (1.02%)