

Mushroom Stock



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.5 cup celery chopped



0.3 cup lentils dried



1 ounce porcini mushrooms dried



0.3 cup cooking wine dry red



1 garlic head whole halved



1 sage sprig fresh



2 thyme sprigs fresh



5 cups water

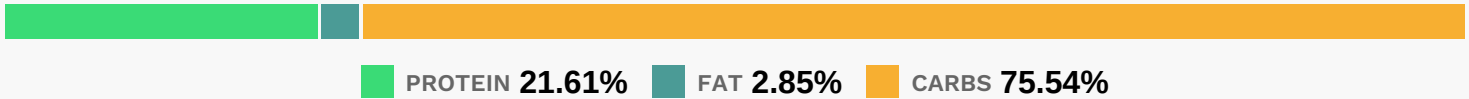
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine all ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer until reduced to 2 cups (about 40 minutes). Strain stock through a sieve into a bowl; discard solids.

Nutrition Facts



Properties

Glycemic Index:65.8, Glycemic Load:2.04, Inflammation Score:-9, Nutrition Score:15.920000128124%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.16mg, Catechin: 3.16mg, Catechin: 3.16mg, Catechin: 3.16mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 166.69kcal (8.33%), Fat: 0.46g (0.71%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 27.64g (9.21%), Net Carbohydrates: 18.11g (6.59%), Sugar: 1.15g (1.28%), Cholesterol: 0mg (0%), Sodium: 53.4mg (2.32%), Alcohol: 4.2g (100%), Alcohol %: 0.76% (100%), Protein: 7.9g (15.81%), Copper: 1.03mg (51.58%), Fiber: 9.53g (38.11%), Folate: 147.65µg (36.91%), Vitamin B5: 3.69mg (36.9%), Manganese: 0.56mg (27.81%), Vitamin B1: 0.26mg (17.39%), Phosphorus: 159.34mg (15.93%), Zinc: 2.36mg (15.74%), Vitamin B6: 0.31mg (15.36%), Potassium: 524.48mg (14.99%), Vitamin B2: 0.25mg (14.79%), Magnesium: 58.69mg (14.67%), Vitamin B3: 2.73mg (13.67%), Iron: 2.31mg

(12.81%), Selenium: 8.84µg (12.63%), Vitamin K: 8.62µg (8.21%), Vitamin C: 4.4mg (5.34%), Calcium: 49.74mg (4.97%), Vitamin D: 0.55µg (3.69%), Vitamin A: 170.38IU (3.41%), Vitamin E: 0.19mg (1.25%)