

Nonya Chicken Stock

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

READY IN



300 min.

SERVINGS



10

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 lb chicken wings halved
- 1 small onion peeled halved
- 1.5 teaspoons salt
- 3 spring onion
- 4 qt water cold

Equipment

- bowl
- knife

- pot
- sieve
- cutting board
- cheesecloth
- cleaver

Directions

- Crack chicken wing bones in several places with back of a cleaver or large heavy knife on a cutting board. Bring chicken and remaining ingredients to a boil in an 8- to 10-quart pot, skimming froth as necessary, then reduce heat and gently simmer, partially covered, 3 hours.
- Remove from heat and cool to room temperature, uncovered, about 1 hour.
- Pour stock through a large sieve lined with a triple layer of cheesecloth into a large bowl, discarding solids. Measure stock: If there is more than 10 cups, boil in cleaned pot until reduced, then cool to room temperature, uncovered; if there is less, add water.
- Skim off and discard fat.
- Stock keeps, covered and chilled, 3 days or frozen up to 1 month.
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Nutrition Facts

PROTEIN 33.5% **FAT 65.36%** **CARBS 1.14%**

Properties

Glycemic Index:5.9, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:9.7843477777813%

Flavonoids

Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 330.21kcal (16.51%), Fat: 23.48g (36.13%), Saturated Fat: 6.59g (41.18%), Carbohydrates: 0.92g (0.31%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.38g (0.42%), Cholesterol: 113.16mg (37.72%), Sodium: 475.89mg (20.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.08g (54.16%), Vitamin B3: 8.74mg (43.68%), Selenium: 22.84µg (32.62%), Vitamin B6: 0.52mg (26.25%), Phosphorus: 197.35mg (19.74%), Zinc: 2.02mg (13.46%),

Vitamin B5: 1.14mg (11.37%), Iron: 1.47mg (8.15%), Magnesium: 31.67mg (7.92%), Vitamin B2: 0.13mg (7.89%), Vitamin B12: 0.47µg (7.84%), Potassium: 249.49mg (7.13%), Vitamin K: 7.48µg (7.12%), Copper: 0.13mg (6.34%), Vitamin B1: 0.08mg (5.05%), Vitamin A: 252.07IU (5.04%), Calcium: 33.41mg (3.34%), Vitamin E: 0.46mg (3.08%), Vitamin C: 2.22mg (2.7%), Folate: 9.51µg (2.38%), Manganese: 0.04mg (2.11%)