



Perpetual Soup: The Easiest Bone Broth You'll Make

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Popular**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves sweet
- ☐ 1 tbsp peppercorns black
- ☐ 4 servings any vegetable scraps you have on hand
- ☐ 4 servings water filtered
- ☐ 1 meat from a rotisserie chicken whole (or the frame of a roasted chicken)

Equipment

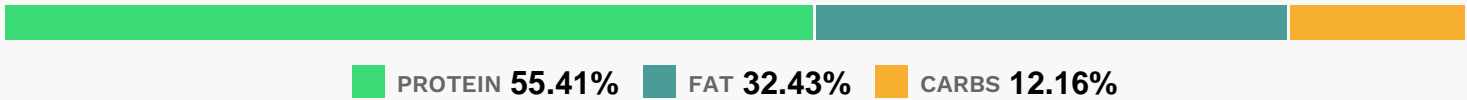
- ☐ ladle

- ☐ sieve
- ☐ measuring cup
- ☐ slow cooker

Directions

- ☐ Place one whole chicken or the frame of a roasted chicken into your slow cooker with sweet bay, black peppercorns and any vegetable scraps you have on hand. Cover with filtered water and cook on low for one week. After twenty-four hours, you may begin using the broth. As you need broth or stock, simply dip a ladle or measuring cup into the slow cooker to remove the amount of stock you need.
- ☐ Pour it through a fine-mesh sieve or, preferably, a reusable coffee filter which will help to clarify the broth. Replace the broth you remove from the slow cooker with an equivalent amount of filtered water. If you're using a whole, fresh chicken, you may also remove chicken meat from the slow cooker as desired for stir-fries, in soups or in At the end of the week, strain off any remaining broth and discard or compost the bones. The bones from your chicken should crumble when pressed between your thumb and forefinger. Their softness is an indication that much of the nourishment from the bones – minerals, amino acids – have leached from the bones and into the broth you've enjoyed all week long. Wash the insert of your slow cooker and start again.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:4.18, Inflammation Score:-10, Nutrition Score:28.284347841921%

Nutrients (% of daily need)

Calories: 465.47kcal (23.27%), Fat: 16.47g (25.34%), Saturated Fat: 4.47g (27.93%), Carbohydrates: 13.88g (4.63%), Net Carbohydrates: 9.6g (3.49%), Sugar: 0.02g (0.02%), Cholesterol: 180mg (60%), Sodium: 235.11mg (10.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.32g (126.64%), Vitamin B3: 20.08mg (100.42%), Vitamin A: 4736.15IU (94.72%), Selenium: 59.53µg (85.04%), Vitamin B6: 1.08mg (53.98%), Phosphorus: 518.5mg (51.85%), Manganese: 0.59mg (29.29%), Zinc: 4.11mg (27.42%), Vitamin B2: 0.43mg (25.58%), Vitamin B5: 2.52mg (25.16%), Iron: 4.03mg (22.4%), Potassium: 776.01mg (22.17%), Magnesium: 78.94mg (19.74%), Vitamin B1: 0.26mg (17.5%), Fiber: 4.29g (17.14%), Copper: 0.29mg (14.64%), Vitamin B12: 0.7µg (11.6%), Vitamin C: 9.49mg (11.5%), Folate: 38.9µg (9.73%), Calcium: 70.14mg (7.01%), Vitamin K: 4.09µg (3.9%)