

Real Chicken Stock



Gluten Free



Dairy Free

READY IN



255 min.

SERVINGS



5

CALORIES



33 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 10 peppercorns whole black
- ☐ 1 cup carrots sliced ()
- ☐ 1 cup celery sliced (1-inch pieces)
- ☐ 8 pounds chicken bones
- ☐ 2 sprigs thyme leaves fresh
- ☐ 8 ounce onion quartered
- ☐ 6 parsley stems

- ☐ 5 servings salt to taste
- ☐ 5 servings water cold to cover
- ☐ 5 servings kitchen twine
- ☐ 5 servings kitchen twine

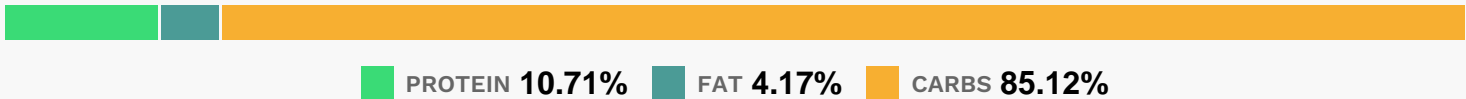
Equipment

- ☐ pot
- ☐ sieve
- ☐ cheesecloth
- ☐ kitchen twine

Directions

- ☐ Place the chicken bones in the bottom of a large stock pot and fill with enough cold water to cover the bones by about 2 inches. Bring the water to a gentle simmer over medium-low heat. The bubbles should just barely break the surface. After the stock has simmered for about 30 minutes, skim off any foam that forms on the surface or the edges of the pot and discard. Continue simmering another 90 minutes.
- ☐ Add the celery, carrots, and onion to the stock pot. As the stock simmers, continue to skim off any foam. After 1 hour and 15 more minutes, wrap the parsley stems, thyme, bay leaf, peppercorns, and garlic in a small piece of cheesecloth and tie into a tidy package with kitchen twine.
- ☐ Add the seasoning bundle to the stock. Simmer for 45 more minutes (4 total hours simmering time); remove the seasoning bundle. Strain the stock through a fine mesh strainer lined with cheesecloth. Season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:42.97, Glycemic Load:1.89, Inflammation Score:-10, Nutrition Score:8.2173912991648%

Flavonoids

Apigenin: 3.18mg, Apigenin: 3.18mg, Apigenin: 3.18mg, Apigenin: 3.18mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 9.34mg, Quercetin: 9.34mg, Quercetin: 9.34mg, Quercetin: 9.34mg

Nutrients (% of daily need)

Calories: 32.87kcal (1.64%), Fat: 0.17g (0.25%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 7.61g (2.54%), Net Carbohydrates: 5.64g (2.05%), Sugar: 3.42g (3.8%), Cholesterol: 0mg (0%), Sodium: 242.01mg (10.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.91%), Vitamin A: 4490.76IU (89.82%), Vitamin K: 29.49µg (28.08%), Vitamin C: 7.74mg (9.38%), Fiber: 1.96g (7.85%), Manganese: 0.15mg (7.62%), Potassium: 212.55mg (6.07%), Folate: 22.83µg (5.71%), Vitamin B6: 0.11mg (5.41%), Copper: 0.08mg (4.05%), Calcium: 38.51mg (3.85%), Magnesium: 13.81mg (3.45%), Vitamin B1: 0.04mg (2.9%), Phosphorus: 28.42mg (2.84%), Vitamin B2: 0.04mg (2.48%), Iron: 0.39mg (2.15%), Vitamin B3: 0.39mg (1.97%), Vitamin B5: 0.18mg (1.85%), Vitamin E: 0.24mg (1.62%), Zinc: 0.21mg (1.41%)