

Rich Porcini Stock



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 cup carrots chopped



0.5 cup celery coarsely chopped



2 ounces the following: parmesan rind) dried



1 cup wine dry red



1 flat parsley



1 garlic clove whole halved



1.5 cups onion red coarsely chopped



1 sage

- ☐ 0.5 cup shallots chopped
- ☐ 2 thyme sprigs
- ☐ 5 cups water divided

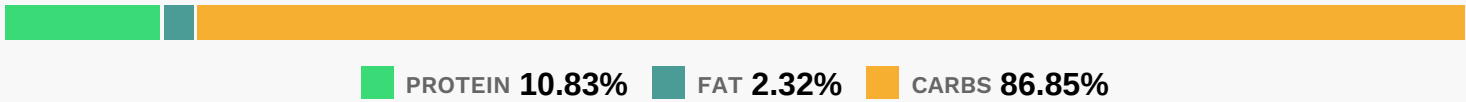
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ colander

Directions

- ☐ Combine mushrooms and 2 cups water in a bowl; cover and let stand 20 minutes.
- ☐ Drain mushrooms in a colander over a bowl, reserving liquid. Rinse mushrooms.
- ☐ Place in a 3-quart saucepan; strain reserved liquid into the pan.
- ☐ Add 3 cups water, red onion, and remaining ingredients.
- ☐ Bring to a boil over medium heat; reduce heat, and simmer, partially covered, 1 hour. Strain.

Nutrition Facts



Properties

Glycemic Index:60.71, Glycemic Load:2.93, Inflammation Score:-9, Nutrition Score:12.978260833284%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 3.02mg, Isorhamnetin: 3.02mg, Isorhamnetin: 3.02mg, Isorhamnetin: 3.02mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 12.61mg, Quercetin:

12.61mg, Quercetin: 12.61mg, Quercetin: 12.61mg

Nutrients (% of daily need)

Calories: 144.92kcal (7.25%), Fat: 0.29g (0.45%), Saturated Fat: 0.07g (0.47%), Carbohydrates: 24.6g (8.2%), Net Carbohydrates: 20.41g (7.42%), Sugar: 5.87g (6.52%), Cholesterol: 0mg (0%), Sodium: 40.35mg (1.75%), Alcohol: 6.3g (100%), Alcohol %: 1.65% (100%), Protein: 3.07g (6.14%), Copper: 0.87mg (43.71%), Vitamin A: 1885.93IU (37.72%), Vitamin B5: 3.33mg (33.29%), Manganese: 0.38mg (19.06%), Vitamin B6: 0.35mg (17.31%), Fiber: 4.19g (16.77%), Potassium: 478.26mg (13.66%), Folate: 51.76µg (12.94%), Vitamin B2: 0.22mg (12.88%), Vitamin C: 9.69mg (11.75%), Vitamin B3: 2.29mg (11.45%), Selenium: 7.36µg (10.51%), Magnesium: 37.68mg (9.42%), Zinc: 1.4mg (9.32%), Vitamin K: 9.7µg (9.23%), Phosphorus: 85.41mg (8.54%), Vitamin B1: 0.1mg (6.64%), Iron: 0.9mg (4.99%), Calcium: 47.54mg (4.75%), Vitamin D: 0.55µg (3.69%)