



Rich Turkey Stock



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large carrots sliced
- ☐ 1 large celery rib sliced
- ☐ 2 garlic cloves sliced
- ☐ 1 teaspoon kosher salt
- ☐ 1 large onion sliced
- ☐ 7 servings pepper freshly ground
- ☐ 5 pounds turkey parts such as wings, necks and drumsticks
- ☐ 1 pt reserved turkey neck and giblets (exce the liver)

☐ 9 cups water

Equipment

☐ frying pan

☐ oven

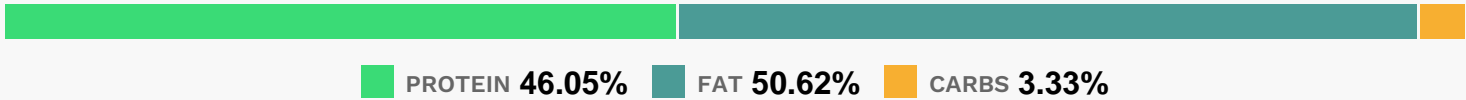
☐ pot

☐ roasting pan

Directions

- ☐ Preheat the oven to 40
- ☐ Put the turkey parts in a flameproof roasting pan and roast for about 1 hour, turning occasionally, until well browned.
- ☐ Transfer the turkey parts to a large pot.
- ☐ Set the roasting pan over 2 burners.
- ☐ Add 1 cup of the water and boil over moderately high heat, scraping up the browned bits from the bottom of the pan.
- ☐ Add the liquid to the pot.
- ☐ Add the turkey neck and giblets to the pot along with the onion, carrot, celery, garlic, salt, generous pinches of pepper, and the remaining 8 cups of water. Bring to a boil over high heat. Reduce the heat to moderately low and simmer, partially covered, until the meat is falling off the bones and the gizzard is very tender, about 2 hours.
- ☐ Strain the stock. Finely dice the gizzard and heart and reserve for the gravy. Skim the fat from the stock before using.
- ☐ Make Ahead: The stock and giblets can be refrigerated separately for up to 2 days; any leftover stock can be frozen for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:23.98, Glycemic Load:0.86, Inflammation Score:-8, Nutrition Score:23.833478181258%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 444.04kcal (22.2%), Fat: 24.3g (37.39%), Saturated Fat: 6.45g (40.29%), Carbohydrates: 3.59g (1.2%), Net Carbohydrates: 2.89g (1.05%), Sugar: 1.41g (1.57%), Cholesterol: 277.45mg (92.48%), Sodium: 739.26mg (32.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.74g (99.49%), Selenium: 61.69µg (88.13%), Vitamin B3: 13.96mg (69.82%), Vitamin B6: 1.02mg (50.9%), Phosphorus: 479.92mg (47.99%), Zinc: 6.56mg (43.76%), Vitamin B12: 2.38µg (39.73%), Vitamin A: 1850.87IU (37.02%), Vitamin B2: 0.52mg (30.49%), Vitamin B5: 2.85mg (28.48%), Potassium: 644.5mg (18.41%), Vitamin B1: 0.23mg (15.26%), Magnesium: 60.43mg (15.11%), Copper: 0.29mg (14.72%), Iron: 2.15mg (11.97%), Manganese: 0.15mg (7.28%), Vitamin K: 7.22µg (6.87%), Calcium: 57.81mg (5.78%), Folate: 16.17µg (4.04%), Vitamin E: 0.57mg (3.79%), Vitamin C: 2.48mg (3%), Fiber: 0.7g (2.82%), Vitamin D: 0.42µg (2.8%)