

Rich Turkey Stock

 Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



447 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
- ☐ 7 servings try build-a-meal
- ☐ 5 pounds turkey parts such as wings, necks and drumsticks

- ☐ 1 pt reserved turkey neck and giblets (exce the liver)
- ☐ 9 cups water

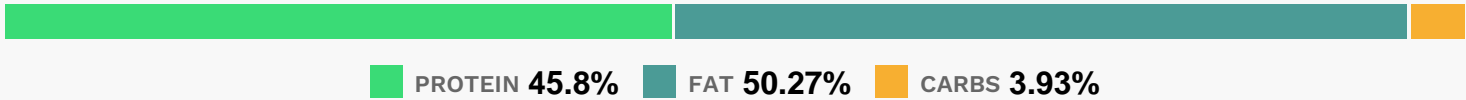
Equipment

- ☐ 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:24.214782372765%

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: 447.28kcal (22.36%), Fat: 24.33g (37.43%), Saturated Fat: 6.45g (40.31%), Carbohydrates: 4.28g (1.43%), Net Carbohydrates: 3.35g (1.22%), Sugar: 1.42g (1.58%), Cholesterol: 277.45mg (92.48%), Sodium: 739.27mg (32.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.88g (99.77%), Selenium: 62.2µg (88.86%), Vitamin B3: 14.02mg (70.09%), Vitamin B6: 1.02mg (51.1%), Phosphorus: 486.24mg (48.62%), Zinc: 6.62mg (44.13%), Vitamin B12: 2.38µg (39.73%), Vitamin A: 1850.98IU (37.02%), Vitamin B2: 0.52mg (30.67%), Vitamin B5: 2.86mg (28.63%), Potassium: 651.8mg (18.62%), Magnesium: 62.91mg (15.73%), Vitamin B1: 0.23mg (15.46%), Copper: 0.3mg (15.07%), Iron: 2.22mg (12.32%), Manganese: 0.21mg (10.63%), Vitamin K: 7.28µg (6.93%), Calcium: 58.37mg (5.84%), Folate: 16.32µg (4.08%), Vitamin E: 0.58mg (3.89%), Fiber: 0.93g (3.72%), Vitamin C: 2.48mg (3%), Vitamin D: 0.42µg (2.8%)