



HEALTH SCORE

79%

Roast Beef Stock



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



865 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 bay leaves
- ☐ 5 pounds "-" long marrow bones
- ☐ 0.3 teaspoons peppercorns black
- ☐ 4 carrots peeled
- ☐ 4 celery stalks
- ☐ 0.5 bunch flat parsley
- ☐ 1 head garlic halved
- ☐ 2 onion peeled halved

☐ 4 thyme sprigs

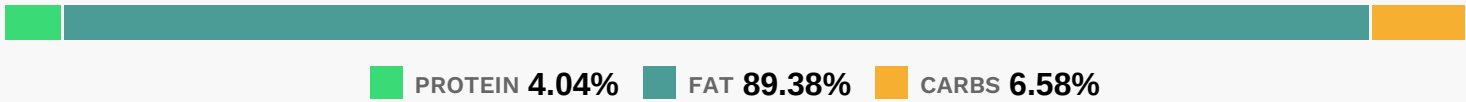
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ roasting pan

Directions

- ☐ Preheat oven to 450°F. Roast 5 pounds veal or beef marrow bones (have your butcher saw them into pieces) in a roasting pan, turning occasionally, until browned, 25–30 minutes.
- ☐ Cut 4 peeled carrots and 4 celery stalks into 3" pieces; add to pan along with 2 halved peeled onions and 1 halved head of garlic. Roast, turning occasionally, until vegetables are brown, 25–30 minutes.
- ☐ Transfer to a large stockpot; add cold water to cover.
- ☐ Pour off fat from pan, add 1/2 cup water, and stir, scraping up browned bits; add liquid to pot along with 1/2 bunch flat-leaf parsley stems, 4 thyme sprigs, 2 bay leaves, and 1/4 teaspoons black peppercorns. Bring to a boil, reduce heat, and simmer 4 hours, occasionally skimming foam and fat from surface and adding water as needed. Strain.
- ☐ DO AHEAD: Stock can be made 2 days ahead.
- ☐ Let cool; cover and chill, or freeze up to 3 months.

Nutrition Facts



Properties

Glycemic Index:61.21, Glycemic Load:3.89, Inflammation Score:-10, Nutrition Score:16.571304279825%

Flavonoids

Apigenin: 15.5mg, Apigenin: 15.5mg, Apigenin: 15.5mg, Apigenin: 15.5mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg

Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg Quercetin: 11.45mg, Quercetin: 11.45mg, Quercetin: 11.45mg, Quercetin: 11.45mg

Nutrients (% of daily need)

Calories: 864.6kcal (43.23%), Fat: 86.47g (133.03%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 11.01g (4%), Sugar: 5.41g (6.01%), Cholesterol: 0mg (0%), Sodium: 52.83mg (2.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.78g (17.57%), Vitamin A: 11107.61IU (222.15%), Vitamin K: 126.86µg (120.82%), Iron: 5.68mg (31.57%), Vitamin C: 21.08mg (25.55%), Manganese: 0.35mg (17.35%), Phosphorus: 163.86mg (16.39%), Fiber: 3.31g (13.25%), Vitamin B6: 0.25mg (12.58%), Potassium: 363.45mg (10.38%), Folate: 35.11µg (8.78%), Vitamin B1: 0.13mg (8.54%), Calcium: 62.57mg (6.26%), Vitamin B3: 1.05mg (5.23%), Magnesium: 20.7mg (5.18%), Copper: 0.09mg (4.56%), Vitamin B2: 0.07mg (4.27%), Vitamin E: 0.49mg (3.24%), Vitamin B5: 0.32mg (3.22%), Zinc: 0.43mg (2.84%), Selenium: 1.37µg (1.95%)