



Roasted Vegetable Stock



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



115 kcal

SIDE DISH

Ingredients



1 bay leaf



0.5 teaspoon pepper black



1.5 cups carrots (1-inch)



1 cup celery (1-inch)



8 ounces cremini mushrooms whole



0.5 cup cooking wine dry white



1 garlic head whole



2 cups leek (1-inch)

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 cups onion (1-inch)
- ☐ 4 parsley sprigs fresh
- ☐ 4 thyme sprigs fresh
- ☐ 2 medium turnips peeled cut into 3 wedges
- ☐ 10 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Preheat oven to 45
- ☐ Cut off pointed end of garlic just to expose cloves.
- ☐ Place garlic and next 5 ingredients (through turnips) on a large jelly-roll pan.
- ☐ Drizzle with oil; toss well.
- ☐ Bake at 450 for 10 minutes.
- ☐ Add leek and mushrooms.
- ☐ Bake an additional 35 minutes or until browned and tender, stirring occasionally. Spoon vegetables into a Dutch oven.
- ☐ Pour wine into jelly-roll pan, scraping to loosen browned bits.
- ☐ Add wine mixture, 10 cups water, and remaining ingredients to vegetable mixture; bring to a boil. Reduce heat, and simmer 1 hour, stirring occasionally. Strain through a fine sieve over a bowl; discard solids. Store in an airtight container in the refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:52.12, Glycemic Load:4.22, Inflammation Score:-10, Nutrition Score:14.422608656728%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.66mg, Apigenin: 1.66mg, Apigenin: 1.66mg, Apigenin: 1.66mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 9.43mg, Quercetin: 9.43mg, Quercetin: 9.43mg, Quercetin: 9.43mg

Nutrients (% of daily need)

Calories: 115.19kcal (5.76%), Fat: 4.3g (6.62%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 15.44g (5.15%), Net Carbohydrates: 12.23g (4.45%), Sugar: 6.48g (7.2%), Cholesterol: 0mg (0%), Sodium: 80.99mg (3.52%), Alcohol: 1.77g (100%), Alcohol %: 0.41% (100%), Protein: 2.47g (4.93%), Vitamin A: 5148.8IU (102.98%), Vitamin K: 32.11µg (30.58%), Vitamin C: 17.64mg (21.38%), Manganese: 0.39mg (19.27%), Copper: 0.32mg (15.97%), Potassium: 472.08mg (13.49%), Selenium: 9.32µg (13.32%), Vitamin B2: 0.22mg (12.94%), Fiber: 3.2g (12.81%), Folate: 50.05µg (12.51%), Vitamin B6: 0.25mg (12.33%), Vitamin B3: 1.88mg (9.41%), Phosphorus: 88.43mg (8.84%), Vitamin B5: 0.77mg (7.75%), Magnesium: 29.98mg (7.5%), Calcium: 72.98mg (7.3%), Vitamin E: 1.06mg (7.06%), Vitamin B1: 0.1mg (6.99%), Iron: 1.21mg (6.7%), Zinc: 0.72mg (4.81%)