



## Shellfish Stock



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 cup carrots coarsely chopped
- ☐ 2 cups celery coarsely chopped
- ☐ 2 cups fennel bulb coarsely chopped
- ☐ 1 pound onions peeled halved
- ☐ 2.5 pounds lobster shells ( 4 small lobsters)
- ☐ 2 tablespoons no salt-added tomato paste
- ☐ 5 quarts water

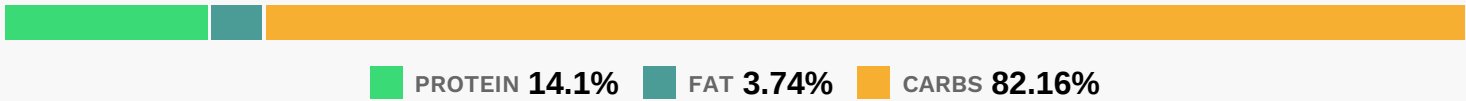
## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ roasting pan

## Directions

- ☐ Preheat oven to 45
- ☐ Arrange shells in an even layer in a shallow roasting pan.
- ☐ Bake at 450 for 30 minutes or until toasted.
- ☐ Transfer shells to an 8-quart stockpot.
- ☐ Add celery, fennel, carrot, tomato paste, and onions to pot; stir well to combine.
- ☐ Pour water over vegetable mixture; bring to a boil. Reduce heat, and simmer 4 hours, skimming surface occasionally.
- ☐ Strain stock through a sieve into a large bowl; discard solids. Strain again through a paper towel-lined sieve. Cool the stock to room temperature. Cover and chill stock. Refrigerate stock in an airtight container for up to 2 days, or freeze for up to 3 months.

## Nutrition Facts



## Properties

Glycemic Index:23.78, Glycemic Load:36.01, Inflammation Score:-9, Nutrition Score:18.645217491233%

## Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.35mg, Quercetin: 9.35mg, Quercetin: 9.35mg, Quercetin: 9.35mg

Nutrients (% of daily need)

Calories: 454.94kcal (22.75%), Fat: 1.87g (2.88%), Saturated Fat: 0.36g (2.28%), Carbohydrates: 92.61g (30.87%), Net Carbohydrates: 86.86g (31.59%), Sugar: 6.9g (7.67%), Cholesterol: 0mg (0%), Sodium: 91.6mg (3.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.9g (31.8%), Selenium: 72.28µg (103.26%), Manganese: 1.18mg (59.02%), Vitamin A: 2302.09IU (46.04%), Phosphorus: 248.16mg (24.82%), Fiber: 5.75g (23.01%), Copper: 0.46mg (22.86%), Magnesium: 77.43mg (19.36%), Vitamin K: 19.19µg (18.28%), Potassium: 517.07mg (14.77%), Vitamin B6: 0.26mg (13.16%), Zinc: 1.84mg (12.24%), Vitamin B3: 2.38mg (11.9%), Folate: 43.82µg (10.95%), Iron: 1.87mg (10.39%), Vitamin B1: 0.14mg (9.28%), Vitamin C: 7.53mg (9.12%), Calcium: 70.42mg (7.04%), Vitamin B5: 0.67mg (6.74%), Vitamin B2: 0.11mg (6.45%), Vitamin E: 0.51mg (3.41%)