



Shrimp Stock

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 carrots
- ☐ 2 stalks celery
- ☐ 1 handful parsley
- ☐ 2 cloves garlic peeled smashed (and)
- ☐ 1 onion quartered ()
- ☐ 1 teaspoon pepper corns black
- ☐ 2 teaspoons salt

- ☐ 1 heads the shells and from 2 pounds shrimp
- ☐ 2 sprigs thyme leaves
- ☐ 8 cups water

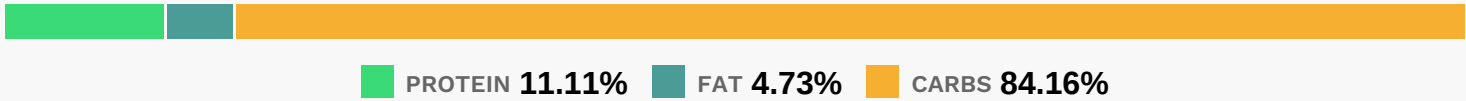
Equipment

- ☐ pot

Directions

- ☐ Bring everything to a boil in a large stock pot, reduce the heat and simmer for 1-3 hours.
- ☐ Strain the solids from the stock and let cool.
- ☐ Store in fridge for up to 3 days or in the freezer for up to a month.

Nutrition Facts



Properties

Glycemic Index:47.81, Glycemic Load:1.29, Inflammation Score:-10, Nutrition Score:6.0747827343319%

Flavonoids

Apigenin: 1.83mg, Apigenin: 1.83mg, Apigenin: 1.83mg, Apigenin: 1.83mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 21.16kcal (1.06%), Fat: 0.12g (0.19%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 4.87g (1.62%), Net Carbohydrates: 3.59g (1.31%), Sugar: 1.94g (2.16%), Cholesterol: 0mg (0%), Sodium: 817.02mg (35.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.29%), Vitamin A: 3533.09IU (70.66%), Vitamin K: 18.16µg (17.3%), Manganese: 0.14mg (6.94%), Vitamin C: 4.72mg (5.72%), Fiber: 1.28g (5.13%), Copper: 0.08mg (4.15%), Potassium: 141.37mg (4.04%), Vitamin B6: 0.08mg (3.79%), Folate: 13.49µg (3.37%), Calcium: 32.07mg (3.21%), Magnesium: 10.73mg (2.68%), Phosphorus: 18.78mg (1.88%), Vitamin B1: 0.03mg (1.86%), Vitamin B2: 0.03mg (1.68%), Iron: 0.3mg (1.66%), Vitamin B3: 0.29mg (1.46%), Vitamin B5: 0.13mg (1.26%), Vitamin E: 0.18mg (1.22%), Zinc: 0.16mg (1.09%)