



Thai Chicken Stock

 **Gluten Free**  **Dairy Free**

READY IN



120 min.

SERVINGS



4

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 chicken carcass
- 0.8 cup galangal thinly sliced
- 2 cloves garlic peeled
- 2 kaffir lime leaves to taste
- 2 stalks lemon grass crushed
- 1 shallots sliced
- 2 thai chiles chopped to taste
- 10 cups water

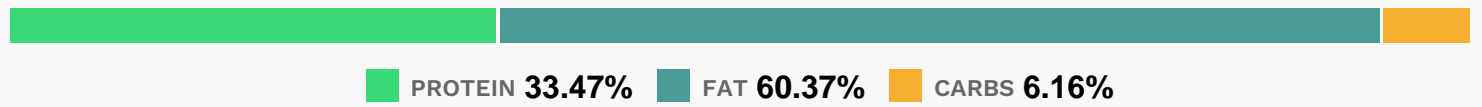
Equipment

- pot
- cheesecloth

Directions

- Place the chicken carcass into a large pot and cover with water. Bring to a boil over high heat, then reduce heat to medium-low, and simmer for 5 minutes.
- Drain, and rinse the carcass under running water. Return the carcass to the pot along with the galangal, lime leaves, lemon grass, chile peppers, garlic, and shallot.
- Pour in 10 cups of water.
- Return to a boil over high heat, then reduce heat to medium-low. Simmer uncovered for 1 1/2 hours, skimming the foam and fat often. Strain through cheesecloth before using.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:15.134782583817%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 439.26kcal (21.96%), Fat: 28.74g (44.21%), Saturated Fat: 8.22g (51.37%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 6.34g (2.31%), Sugar: 0.58g (0.65%), Cholesterol: 142.83mg (47.61%), Sodium: 164.44mg (7.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.85g (71.69%), Vitamin B3: 13.07mg (65.36%), Selenium: 27.77µg (39.67%), Vitamin B6: 0.72mg (35.84%), Phosphorus: 294.26mg (29.43%), Manganese: 0.47mg (23.74%), Zinc: 2.77mg (18.45%), Vitamin B5: 1.76mg (17.65%), Vitamin B2: 0.24mg (14.29%), Iron: 2.45mg (13.58%), Potassium: 446.15mg (12.75%), Magnesium: 50.57mg (12.64%), Copper: 0.22mg (10.93%), Vitamin B12: 0.59µg (9.84%), Vitamin C: 7.85mg (9.51%), Vitamin B1: 0.13mg (8.48%), Vitamin A: 285.14IU (5.7%), Folate: 19.57µg (4.89%), Calcium: 48.87mg (4.89%), Vitamin E: 0.59mg (3.9%), Vitamin K: 3.15µg (3%), Vitamin D: 0.38µg (2.54%), Fiber: 0.25g (1.02%)