

Turkey Giblet Stock



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



58 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaves
- ☐ 1 teaspoon peppercorns black
- ☐ 1 carrots coarsely chopped
- ☐ 1 rib celery stalks coarsely chopped
- ☐ 2 cups chicken broth
- ☐ 1 onion quartered
- ☐ 4 servings reserved turkey neck and giblets (excluding liver)
- ☐ 1 tablespoon vegetable oil

☐ 4 cups water

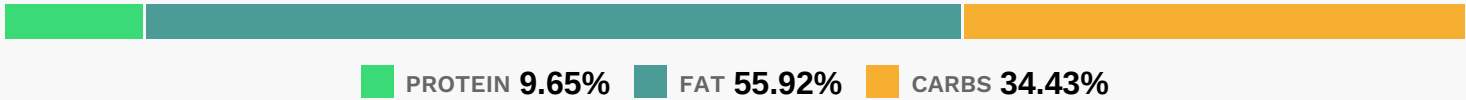
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Heat oil in a 3-quart saucepan over moderately high heat until hot but not smoking, then brown neck and giblets.
- ☐ Add remaining ingredients and simmer until reduced to about 4 cups, 45 minutes to 1 hour.
- ☐ Pour stock through a fine sieve into a bowl. Skim off and discard any fat.
- ☐ ·Stock can be made 1 day ahead. Cool completely, uncovered, then chill, covered.

Nutrition Facts



Properties

Glycemic Index:34.46, Glycemic Load:1.19, Inflammation Score:-9, Nutrition Score:5.3643477619018%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 58.48kcal (2.92%), Fat: 3.81g (5.86%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 5.28g (1.76%), Net Carbohydrates: 4.09g (1.49%), Sugar: 2.4g (2.67%), Cholesterol: 3.5mg (1.17%), Sodium: 462.13mg (20.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Vitamin A: 2559.68IU (51.19%), Manganese: 0.25mg (12.72%), Vitamin K: 10.25µg (9.76%), Vitamin B2: 0.09mg (5.29%), Fiber: 1.18g (4.73%), Copper: 0.09mg (4.47%), Potassium: 126.83mg (3.62%), Vitamin C: 2.95mg (3.58%), Vitamin B1: 0.05mg (3.28%), Vitamin B6: 0.06mg (3.08%), Vitamin E: 0.44mg (2.96%), Calcium: 28.58mg (2.86%), Magnesium: 10.21mg (2.55%), Vitamin B3: 0.5mg (2.51%), Phosphorus: 21.44mg (2.14%), Folate: 8.49µg (2.12%), Iron: 0.31mg (1.75%), Zinc: 0.24mg (1.58%),

Selenium: 0.96µg (1.38%), Vitamin B5: 0.11mg (1.1%)