



Turkey-Saffron Stock



Gluten Free



Dairy Free



Low Fod Map

READY IN



495 min.

SERVINGS



20

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon powdered saffron
- ☐ 8 ounces salt pork lean
- ☐ 3 pounds reserved turkey neck and giblets
- ☐ 1 tablespoon water
- ☐ 15 cups water

Equipment

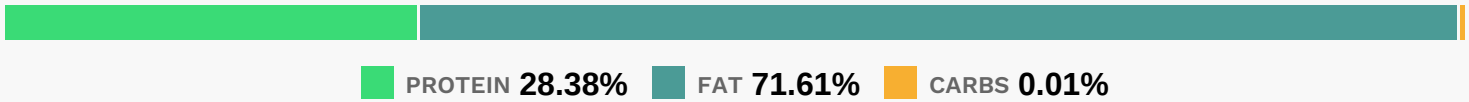
- ☐ bowl
- ☐ whisk

- ☐ pot
- ☐ sieve

Directions

- ☐ Combine first 3 ingredients in an 8-quart stockpot. Bring to a boil over medium-high heat. Reduce heat to low, and simmer 2 hours and 45 minutes, skimming off and discarding foam as needed. Strain stock through a fine sieve into a large bowl; discard solids.
- ☐ Combine 1 tablespoon water and saffron in a small bowl, stirring with a whisk. Stir saffron mixture into stock. Cool stock to room temperature; cover and refrigerate 5 hours or overnight. Skim solidified fat from surface; discard fat.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:6.5321739238241%

Nutrients (% of daily need)

Calories: 169.87kcal (8.49%), Fat: 13.24g (20.37%), Saturated Fat: 4.45g (27.83%), Carbohydrates: Og (0%), Net Carbohydrates: Og (0%), Sugar: Og (0%), Cholesterol: 88mg (29.33%), Sodium: 471.8mg (20.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.81g (23.61%), Selenium: 20.12µg (28.74%), Vitamin B12: 1.23µg (20.51%), Vitamin B3: 3.53mg (17.67%), Zinc: 2.43mg (16.18%), Vitamin B6: 0.26mg (12.84%), Phosphorus: 114.76mg (11.48%), Vitamin B2: 0.15mg (8.85%), Copper: 0.13mg (6.54%), Vitamin B5: 0.57mg (5.68%), Iron: 0.74mg (4.1%), Vitamin B1: 0.06mg (3.94%), Magnesium: 12.78mg (3.2%), Potassium: 98mg (2.8%), Calcium: 22.36mg (2.24%), Manganese: 0.04mg (1.95%), Vitamin D: 0.23µg (1.51%)