

# Turkey Stock

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

READY IN



**185 min.**

SERVINGS



**15**

CALORIES



**250 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 bay leaf
- 1 large carrots cut into large chunks
- 1 large stalk celery cut into large chunks
- 2 cloves garlic peeled
- 1 large onion quartered
- 0.3 tsp peppercorns
- 1 roasted turkey carcass
- 1 gal. water cold

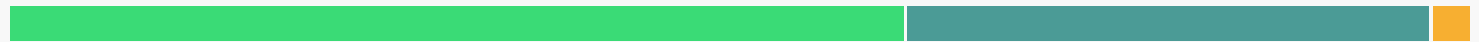
# Equipment

pot

# Directions

- Place turkey carcass in stockpot.
- Add enough water to cover carcass. Bring water to boil. Skim and discard foam from surface.
- Add remaining ingredients; stir. Simmer, partially covered, on medium-low heat 2 hours.
- Strain stock; discard bones and vegetables. Skim fat from stock.

# Nutrition Facts



**PROTEIN 61.33%** **FAT 35.88%** **CARBS 2.79%**

# Properties

Glycemic Index:11.19, Glycemic Load:0.42, Inflammation Score:-6, Nutrition Score:16.32956527627%

# Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

# Nutrients (% of daily need)

Calories: 249.5kcal (12.47%), Fat: 9.72g (14.95%), Saturated Fat: 2.52g (15.74%), Carbohydrates: 1.7g (0.57%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.82g (0.91%), Cholesterol: 123.64mg (41.21%), Sodium: 199.61mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.38g (74.76%), Vitamin B3: 13.18mg (65.9%), Vitamin B6: 1.06mg (52.79%), Selenium: 36.71µg (52.44%), Vitamin B12: 2.1µg (34.92%), Phosphorus: 320.6mg (32.06%), Zinc: 3.1mg (20.64%), Vitamin B2: 0.33mg (19.19%), Vitamin A: 918.26IU (18.37%), Vitamin B5: 1.43mg (14.32%), Potassium: 428.33mg (12.24%), Magnesium: 45.22mg (11.31%), Iron: 1.54mg (8.54%), Copper: 0.14mg (7.11%), Vitamin B1: 0.09mg (6.13%), Folate: 16.41µg (4.1%), Vitamin D: 0.52µg (3.43%), Manganese: 0.06mg (3.07%), Calcium: 25.62mg (2.56%), Vitamin K: 2.05µg (1.95%), Fiber: 0.4g (1.61%), Vitamin C: 1.28mg (1.56%), Vitamin E: 0.2mg (1.34%)