



Turkey Stock



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon peppercorns whole black
- ☐ 1 large carrots chopped
- ☐ 1 celery stalk with leaves, chopped
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 large onion chopped
- ☐ 4 parsley sprigs fresh italian
- ☐ 2 tablespoons vegetable oil

- ☐ 4 quarts water cold ()
- ☐ 1 carcass with skin from one 12- to 15-pound turkey; meat removed and reserved, carcass broken into pieces

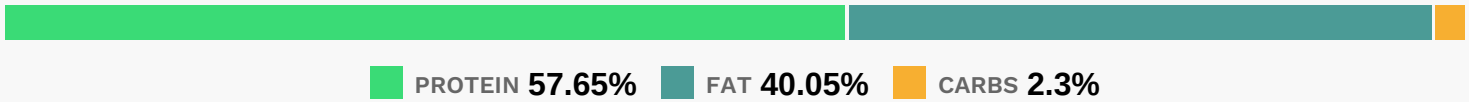
Equipment

- ☐ bowl
- ☐ pot
- ☐ sieve

Directions

- ☐ Heat oil in large pot over medium heat.
- ☐ Add onion, carrot, and celery. Cover; cook until vegetables begin to soften, stirring occasionally, about 5 minutes.
- ☐ Place turkey carcass pieces in pot and add enough cold water to cover bones (about 4 quarts).
- ☐ Bring mixture to boil and skim any foam from the surface.
- ☐ Add parsley, thyme, peppercorns, and bay leaf. Reduce heat to low, cover with lid slightly ajar, and simmer 3 hours.
- ☐ Strain stock into large bowl, pressing on solids in strainer; discard solids.
- ☐ Let stock stand 10 minutes; skim off fat. Boil to reduce to 10 cups or add water to measure 10 cups. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:16.98, Glycemic Load:0.56, Inflammation Score:-8, Nutrition Score:25.100869686707%

Flavonoids

Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg

Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 396.84kcal (19.84%), Fat: 17.29g (26.6%), Saturated Fat: 4.19g (26.19%), Carbohydrates: 2.24g (0.75%), Net Carbohydrates: 1.71g (0.62%), Sugar: 1.14g (1.27%), Cholesterol: 185.46mg (61.82%), Sodium: 313.59mg (13.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.01g (112.01%), Vitamin B3: 19.76mg (98.78%), Vitamin B6: 1.57mg (78.62%), Selenium: 54.96µg (78.51%), Vitamin B12: 3.14µg (52.38%), Phosphorus: 478.87mg (47.89%), Zinc: 4.68mg (31.17%), Vitamin B2: 0.49mg (28.58%), Vitamin A: 1385.99IU (27.72%), Vitamin B5: 2.13mg (21.31%), Potassium: 627.11mg (17.92%), Magnesium: 71.1mg (17.78%), Copper: 0.27mg (13.53%), Iron: 2.37mg (13.17%), Vitamin K: 13.73µg (13.07%), Vitamin B1: 0.14mg (9.07%), Folate: 23.17µg (5.79%), Vitamin D: 0.77µg (5.15%), Calcium: 47.74mg (4.77%), Manganese: 0.08mg (4.02%), Vitamin E: 0.51mg (3.43%), Vitamin C: 2.11mg (2.56%), Fiber: 0.53g (2.1%)