



HEALTH SCORE

100%

Veal stock



Gluten Free



Dairy Free



Very Healthy

READY IN



70 min.

SERVINGS



1

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 2 kg veal bones roughly chopped (get your butcher to do this)
- ☐ 1 onion chopped
- ☐ 2 carrots chopped
- ☐ 2 sticks celery chopped
- ☐ 2 bay leaves
- ☐ 2 big sprigs thyme fresh
- ☐ 1 small bunch parsley
- ☐ 1 tsp peppercorn

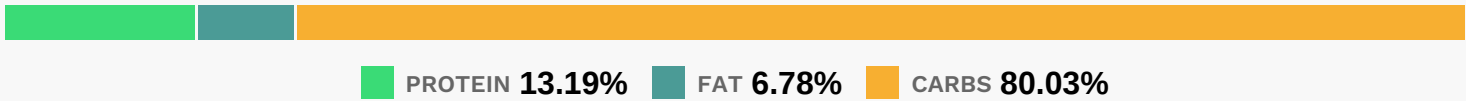
Equipment

☐ sauce pan

Directions

☐ Put everything into a large saucepan and cover with 3 litres of cold water. Bring slowly to the boil, then reduce to a simmer and cook for 45 mins–1 hr or until the liquid reduces by two-thirds to around 1 litre. Cool for 10 mins, then strain into a jug and cool. The stock can be made ahead and chilled or frozen for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:214.83, Glycemic Load:7.68, Inflammation Score:-10, Nutrition Score:28.415652047033%

Flavonoids

Apigenin: 125.15mg, Apigenin: 125.15mg, Apigenin: 125.15mg, Apigenin: 125.15mg Luteolin: 2.52mg, Luteolin: 2.52mg, Luteolin: 2.52mg, Luteolin: 2.52mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 8.54mg, Myricetin: 8.54mg, Myricetin: 8.54mg, Myricetin: 8.54mg Quercetin: 23.06mg, Quercetin: 23.06mg, Quercetin: 23.06mg, Quercetin: 23.06mg

Nutrients (% of daily need)

Calories: 139.43kcal (6.97%), Fat: 1.18g (1.82%), Saturated Fat: 0.27g (1.68%), Carbohydrates: 31.4g (10.47%), Net Carbohydrates: 21.51g (7.82%), Sugar: 12.03g (13.37%), Cholesterol: 0mg (0%), Sodium: 185.61mg (8.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.35%), Vitamin K: 981.99µg (935.23%), Vitamin A: 25675.86IU (513.52%), Vitamin C: 96.92mg (117.48%), Manganese: 1.1mg (55.09%), Folate: 161.53µg (40.38%), Fiber: 9.89g (39.57%), Potassium: 1146.49mg (32.76%), Iron: 5.15mg (28.63%), Vitamin B6: 0.43mg (21.71%), Calcium: 205.48mg (20.55%), Magnesium: 73.9mg (18.48%), Copper: 0.28mg (14.06%), Phosphorus: 136.16mg (13.62%), Vitamin B1: 0.2mg (13.51%), Vitamin B2: 0.22mg (12.95%), Vitamin B3: 2.42mg (12.1%), Vitamin E: 1.52mg (10.11%), Vitamin B5: 0.96mg (9.63%), Zinc: 1.29mg (8.6%), Selenium: 1.27µg (1.81%)