

Vegetable Stock



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



56 kcal

SIDE DISH

Ingredients

- ☐ 2 cups broccoli stems
- ☐ 2 teaspoons canola oil
- ☐ 6 carrots chopped
- ☐ 3 stalks celery with leaves chopped
- ☐ 2 cups kale stems
- ☐ 2 leeks rinsed chopped well
- ☐ 3 to 4 outer leaves of cabbage green
- ☐ 2 onions with skins, chopped

- ☐ 1 tablespoon salt
- ☐ 1 turnip with skins, chopped

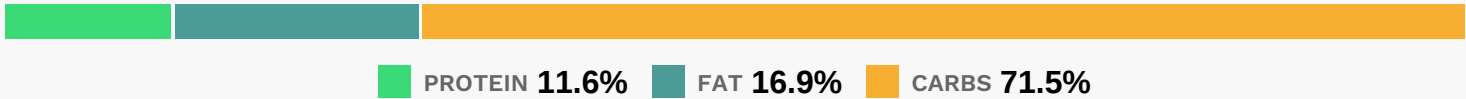
Equipment

- ☐ pot

Directions

- ☐ Heat the oil in a large stockpot over high heat until it starts to ripple.
- ☐ Add the carrots, celery, leeks, onions, and turnip. Cook, stirring, until brown, 3 to 5 minutes.
- ☐ Add 6 quarts water and the salt and bring to a boil.
- ☐ Reduce the heat to low, add the cabbage leaves, broccoli stems, and kale stems, and simmer for 25 minutes. Strain, cool, and store for use as needed.
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Nutrition Facts



Properties

Glycemic Index:30.68, Glycemic Load:3.07, Inflammation Score:-10, Nutrition Score:12.874347774879%

Flavonoids

Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 2.09mg, Isorhamnetin: 2.09mg, Isorhamnetin: 2.09mg, Isorhamnetin: 2.09mg Kaempferol: 4.09mg, Kaempferol: 4.09mg, Kaempferol: 4.09mg, Kaempferol: 4.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

Nutrients (% of daily need)

Calories: 55.63kcal (2.78%), Fat: 1.14g (1.75%), Saturated Fat: 0.12g (0.78%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 7.99g (2.91%), Sugar: 4.44g (4.93%), Cholesterol: 0mg (0%), Sodium: 753.9mg (32.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.52%), Vitamin A: 7021.38IU (140.43%), Vitamin K: 55.32µg (52.69%), Vitamin C: 30.75mg (37.27%), Manganese: 0.28mg (13.87%), Folate: 49µg (12.25%), Fiber: 2.86g (11.45%),

Vitamin B6: 0.19mg (9.74%), Potassium: 326.15mg (9.32%), Calcium: 61.94mg (6.19%), Magnesium: 20.43mg (5.11%),
Vitamin E: 0.76mg (5.07%), Vitamin B1: 0.07mg (4.86%), Vitamin B2: 0.08mg (4.85%), Phosphorus: 47.96mg
(4.8%), Iron: 0.82mg (4.54%), Copper: 0.08mg (3.77%), Vitamin B3: 0.74mg (3.7%), Vitamin B5: 0.32mg (3.19%),
Zinc: 0.3mg (2.03%), Selenium: 0.99µg (1.41%)