



16%
HEALTH SCORE

Victorious Vegetable Stock

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



15

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 apples cored
- 4 bay leaves
- 4 large carrots
- 5 stalks celery
- 0.5 ounce the following: parmesan rind) dried
- 0.5 bunch optional: dill fresh
- 1 cup mushrooms fresh sliced
- 0.3 cup parsley fresh packed

- 2 sprigs rosemary leaves fresh
- 2 sprigs sage fresh
- 2 sprigs thyme sprigs fresh
- 3 garlic clove peeled
- 1 teaspoon pepper white finely
- 0.8 lb leek green
- 2 tablespoons nutritional yeast
- 1 tablespoon olive oil
- 2 sprigs oregano fresh
- 2 large parsnips
- 20 peppercorns
- 2 tablespoons salt
- 1 tablespoon turmeric
- 1 medium onion yellow

Equipment

- pot
- sieve
- chefs knife

Directions

- Use the flat side of a chef's knife to gently crush the garlic cloves. Wash unpeeled vegetables well and cut them roughly into large pieces.
- Add to a large stock pot along with all other ingredients.
- Add entire sprigs of the herbs rather than removing the leaves from the stem. Cover with water. Water level should be about 4 inches above the top of the vegetables. Bring to a boil, skim off any foam from the top of the broth, then partially cover. Reduce heat and simmer for 1 1/2 hours. At the end of the cooking time, if you wish to make the stock richer, remove the lid and continue cooking uncovered to slightly reduce it. When the stock has cooled slightly, strain it through a sieve or cloth, pressing all of the remaining liquid out of the vegetables.

Compost or discard the remaining vegetables. What you don't eat immediately can be refrigerated for 3–5 days, or frozen.

Nutrition Facts

PROTEIN 9.56% **FAT 14.68%** **CARBS 75.76%**

Properties

Glycemic Index:27.86, Glycemic Load:4.16, Inflammation Score:-10, Nutrition Score:11.386086915174%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Apigenin: 2.54mg, Apigenin: 2.54mg, Apigenin: 2.54mg, Apigenin: 2.54mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 75.5kcal (3.78%), Fat: 1.34g (2.06%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 15.54g (5.18%), Net Carbohydrates: 11.88g (4.32%), Sugar: 5.99g (6.65%), Cholesterol: 0mg (0%), Sodium: 962.69mg (41.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Vitamin A: 3759.24IU (75.18%), Vitamin K: 41.22µg (39.26%), Manganese: 0.4mg (19.76%), Copper: 0.32mg (16.02%), Fiber: 3.66g (14.64%), Vitamin C: 11.54mg (13.98%), Folate: 44.12µg (11.03%), Potassium: 332.63mg (9.5%), Vitamin B6: 0.16mg (8.17%), Iron: 1.29mg (7.16%), Vitamin E: 0.93mg (6.21%), Vitamin B5: 0.58mg (5.8%), Magnesium: 22.89mg (5.72%), Vitamin B2: 0.09mg (5.14%), Phosphorus: 49.42mg (4.94%), Calcium: 46.27mg (4.63%), Vitamin B3: 0.92mg (4.6%), Vitamin B1: 0.07mg (4.46%), Selenium: 1.87µg (2.67%), Zinc: 0.4mg (2.64%)