



White Stock



Gluten Free



Dairy Free

READY IN



360 min.

SERVINGS



12

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 1 carrots
- ☐ 2 stalks celery
- ☐ 3 pounds meat from a rotisserie chicken
- ☐ 2 teaspoons salt
- ☐ 1 turnip
- ☐ 1 veal knuckle
- ☐ 4 quarts water
- ☐ 1 onion yellow

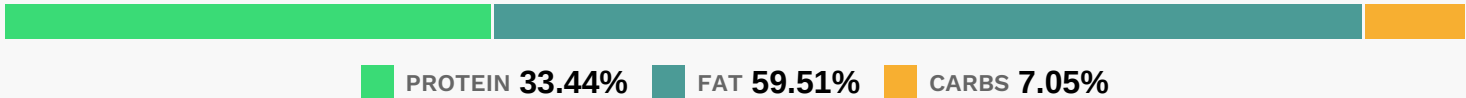
Equipment

☐ pot

Directions

- ☐ Cut veal from bone.
- ☐ Combine water, veal meat, veal bone, chicken, vegetables, and salt in a stock pot. Bring to a boil. Reduce heat, cover, and simmer for 5 hours.
- ☐ Strain stock, and let cool. Discard vegetables and bones, use veal and chicken as desired.

Nutrition Facts



Properties

Glycemic Index:14.9, Glycemic Load:0.72, Inflammation Score:-6, Nutrition Score:5.5982608276865%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 126.68kcal (6.33%), Fat: 8.25g (12.69%), Saturated Fat: 2.36g (14.74%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 1.61g (0.58%), Sugar: 1.11g (1.23%), Cholesterol: 40.89mg (13.63%), Sodium: 457.54mg (19.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.43g (20.85%), Vitamin B3: 3.83mg (19.15%), Vitamin A: 955.54IU (19.11%), Selenium: 7.99µg (11.42%), Vitamin B6: 0.22mg (11.15%), Phosphorus: 88.97mg (8.9%), Vitamin B5: 0.56mg (5.58%), Zinc: 0.81mg (5.41%), Vitamin C: 4.19mg (5.08%), Potassium: 169.62mg (4.85%), Copper: 0.09mg (4.69%), Vitamin B2: 0.08mg (4.58%), Magnesium: 17.45mg (4.36%), Vitamin K: 3.49µg (3.32%), Iron: 0.57mg (3.18%), Vitamin B1: 0.05mg (3.05%), Vitamin B12: 0.17µg (2.83%), Manganese: 0.05mg (2.55%), Calcium: 25.21mg (2.52%), Folate: 9.91µg (2.48%), Fiber: 0.59g (2.35%), Vitamin E: 0.22mg (1.47%)