

Turkey Broth

Weekend Cooking

Food Network Magazine - November 2013

Yield: 4 quarts

1 turkey carcass (from a roasted bird)
2 onions, cut into chunks
2 carrots, cut into chunks
3 stalks celery, cut into chunks
1 bunch fresh parsley
4 cloves garlic (unpeeled), smashed
1 teaspoon black peppercorns
2 bay leaves

Preparation Time: 20 minutes

Insert kitchen shears into the carcass and make a few cuts to get you started. Then use your hands to carefully pull the carcass into four or five pieces.

Combine the carcass, onions, carrots, celery, parsley, garlic, peppercorns and bay leaves in a stockpot. Cover with cold water (about seven quarts).

Bring to a boil, then reduce the heat to medium low. Simmer about two hours, occasionally skimming any foam or fat from the surface with a large spoon or ladle.

Pour through a large mesh strainer into a pot. Discard the solids. Cool slightly then refrigerate in covered containers for up to three days or freeze for up to two months.

Start to Finish Time: 2 hours 20 minutes

Per Serving (excluding unknown items): 202 Calories; 1g Fat (5.6% calories from fat); 7g Protein; 46g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 198mg Sodium. Exchanges: 1/2 Grain(Starch); 7 1/2 Vegetable; 0 Fat.

Soups, Chili and Stews, Turkey

Per Serving Nutritional Analysis

Calories (kcal):	202	Vitamin B6 (mg):	.6mg
% Calories from Fat:	5.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	81.3%	Thiamin B1 (mg):	.3mg

% Calories from Protein:	13.1%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	46g
Dietary Fiber (g):	14g
Protein (g):	7g
Sodium (mg):	198mg
Potassium (mg):	1563mg
Calcium (mg):	241mg
Iron (mg):	7mg
Zinc (mg):	2mg
Vitamin C (mg):	117mg
Vitamin A (i.u.):	43810IU
Vitamin A (r.e.):	4379RE

Riboflavin B2 (mg):	.2mg
Folacin (mcg):	188mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	7 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	202	Calories from Fat: 11
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% Daily Values*

Total Fat	1g	2%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	198mg	8%
Total Carbohydrates	46g	15%
Dietary Fiber	14g	56%
Protein	7g	
Vitamin A		876%
Vitamin C		195%
Calcium		24%
Iron		40%

* Percent Daily Values are based on a 2000 calorie diet.