

Chicken Feet Stock

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-chicken-feet-soup-recipe>

Ingredients:

- 1 chicken carcass, from a roasted chicken
- 2 chicken feet or more
- 1 yellow onion large, quartered
- 4 green onions or 2 leeks
- 1 tablespoon black peppercorns whole
- 1 tablespoon crushed red pepper flakes

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 135 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 42 grams
7. SaturatedFat: 2 grams
8. Sodium: 160 milligrams
9. Sugar: 1 grams

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