

Russian Meat Jelly or “Holodets” ©

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-meat-jelly-recipe>

Ingredients:

- chicken Pasture raised organic, whole chicken, or beef, pork or fish
- 2 heads garlic
- 2 onion
- 3 carrots
- 4 sticks celery
- salt spices
- gelatin

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 245 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 77 grams
7. SaturatedFat: 4 grams
8. Sodium: 520 milligrams
9. Sugar: 5 grams

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