

Bone Broth

Yield: 8 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-chinese-beef-bone-broth-recipe>

Ingredients:

- beef bones
- chicken carcass
- water Purified
- 1 tablespoon vinegar apple cider or white

Nutrition:

1. Calories: 180 calories
2. Cholesterol: 105 milligrams
3. Fat: 5 grams
4. Protein: 33 grams
5. SaturatedFat: 1.5 grams
6. Sodium: 120 milligrams

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