Chicken Stock Cubes

Nutrition Fact Sheet | Indicative values for slow-simmered chicken stock

Slow-simmered chicken stock frozen into convenient portions. Add a cube to soups, stews, rice, sauces and gravies for rich, homemade flavour.

Nutrient	Typical range per 100 g (indicative)	Per cube (enter your value)
Calories	5 to 35	
Protein	0.5 to 3 g	
Total fat	0 to 2 g	
Carbohydrate	0 to 1 g	
of which sugars	0 to 1 g	
Sodium	Varies widely with added salt	

Notes

- Stock varies a lot with the recipe, how long it simmers, how concentrated it is and how much salt is added, so no single set of figures fits every product.
- The ranges above are indicative only. The right-hand column is left blank so you can enter the values for your own cube from your recipe analysis or a lab test.
- Sodium is the most variable value. Use your own figure, especially if salt is added.
- Stock is mainly valued for flavour. It provides only small amounts of protein and calories per cube.
- This is general information, not medical advice. People with medical conditions, such as those on a sodium-restricted diet, should check with a healthcare professional.