

Recipe Analyzer Results

A single serving of gom broth has 123 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Serving size: 32 oz

Servings: 1

Amount per serving

Calories **123**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1.3g **6%**

Cholesterol 55mg **18%**

Sodium 596mg **26%**

Total Carbohydrate 2.2g **1%**

Dietary Fiber 0.4g **1%**

Total Sugars 0.4g

Protein 19.5g

Vitamin D 0mcg **0%**

Calcium 13mg **1%**

Iron 10mg **54%**

Potassium 263mg **6%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**

Ingredients:

- 1/2 lb Beef brisket
- 1/2 lb Beef ribs
- 1/2 lb Beef neck
- 1/2 lb Beef short ribs
- 1/2 lb Beef tri-tip
- 1/2 lb Beef chuck
- 1/2 lb Beef brisket
- 1/2 lb Beef ribs
- 1/2 lb Beef neck
- 1/2 lb Beef short ribs
- 1/2 lb Beef tri-tip
- 1/2 lb Beef chuck
- 1/2 lb Beef brisket
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