

Gourmend Foods Launches Freeze-Dried Organic Chicken Bone Broth Powder Made Without Fillers

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Gourmend Foods has launched an Organic Unsalted Chicken Bone Broth Powder made by freeze-drying its cooked broth rather than spray-drying it or building the product around fillers and added flavor systems. Packaged in eight single-serve packets, the powder can be mixed with hot water or added to soups, sauces, grains, braises and other recipes.

The launch extends Gourmend Foods' approach to savory flavor by replacing garlic and onion bulbs with selected green parts of the allium plant. Scallion green tops, leek tops and chives provide the product's aromatic foundation alongside organic chicken bones, carrots, celery and parsley.

Gourmend's new broth powder contains seven organic ingredients: chicken bones, scallion green tops, carrots, celery, leek tops, chives and parsley. According to the company's product formulation, the powder contains no maltodextrin, cornstarch, yeast extract, preservatives or added "natural flavors." It is also unsalted, allowing cooks to control seasoning in the finished dish.

The distinction between freeze-dried and spray-dried broth is central to the launch. Gourmend first makes its organic chicken broth, then removes the water through freeze-drying. This creates a lightweight, shelf-stable form of the broth without coating it in carrier ingredients.

Garlic and onion are foundational ingredients in cuisines around the world, but their bulbs are high in fructans, a category of fermentable carbohydrates commonly limited while following a low FODMAP diet. High-FODMAP ingredients can contribute to digestive symptoms in sensitive individuals, including some people with irritable bowel syndrome.

Gourmend approaches that challenge as a flavor-development problem rather than a simple exercise in removing ingredients. Its broths and seasonings use garlic scapes, garlic chives, scallion greens and green

leek tops to rebuild the aromatic depth cooks expect from an allium base.

The distinction matters because Gourmend's products are made without garlic and onion bulbs, but they are not allium-free. The company deliberately uses selected green portions and related alliums for flavor. This approach also gives parts of the plant that receive less attention in conventional packaged foods a larger culinary role. Instead of defining the product solely by what it excludes, Gourmend focuses on how savory flavor can be constructed differently.

Each packet is designed to work as an individual serving of broth. Consumers can add hot water for a ready-to-drink cup or use the powder as a concentrated cooking ingredient. The single-serve format makes the broth easier to store at work or pack for travel, camping and other situations where refrigerated liquid broth is impractical. The unsalted formulation also allows the powder to be used in recipes without introducing a fixed amount of sodium.

Each serving provides 9 grams of protein from the broth itself, according to Gourmend, without protein isolates or added protein ingredients. Preparation calls for stirring one packet into one cup of hot water, creating a measured format that can serve as a cup of broth or as a base for cooking. The lightweight, shelf-stable packets can be kept in a desk drawer, pantry, travel bag or camp kitchen until needed.

Alongside its ingredient products, the company has developed a low-FODMAP recipe conversion tool that analyzes a recipe submitted by URL or pasted text and recommends ingredient substitutions. The tool is intended to make medically restrictive cooking easier to navigate by identifying potential high-FODMAP ingredients, suggesting lower-FODMAP alternatives and recommending relevant Gourmend products where appropriate.

The converter remains in beta. Gourmend advises users to check ingredient choices and serving sizes against trusted low-FODMAP resources because individual tolerance varies. The tool is intended to support recipe adaptation, not replace guidance from a physician or registered dietitian.

The Organic Unsalted Chicken Bone Broth Powder is sold in a box of eight single-serve packets. It is made from cooked broth transformed into powder through freeze-drying and contains seven organic ingredients. The formulation uses scallion green tops, leek tops and chives instead of garlic or onion bulbs and excludes maltodextrin, cornstarch, yeast extract, preservatives and added "natural flavors." It can be used for hot broth, soups, sauces, grains, braises and other savory recipes.

Gourmend Foods makes organic broths, seasonings and salts for low-FODMAP cooking. Its product

development centers on building savory flavor with allium greens and whole ingredients rather than garlic and onion bulbs.

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