

## 90 Minute Turkey



Gluten Free



Dairy Free



Low Fod Map

READY IN



825 min.

SERVINGS



54

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 tablespoons ground pepper black
- ☐ 20 pounds ice cubes
- ☐ 0.3 cup kosher salt
- ☐ 0.5 cup kosher salt
- ☐ 6 lemons
- ☐ 4 ounces parsley sprigs fresh
- ☐ 8 ounces thyme sprigs fresh
- ☐ 12 pound turkey

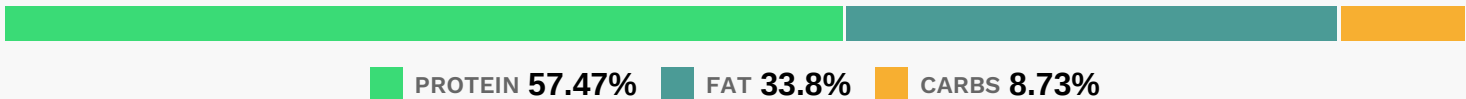
# Equipment

- ☐ aluminum foil
- ☐ spatula
- ☐ kitchen timer

# Directions

- ☐ Special equipment: One 10-pound bag self-lighting charcoal, 1 new steel trash can, one 2-to-3-foot metal stack or metal spit, 1 roll heavy-duty aluminum foil
- ☐ To brine the turkey, thoroughly clean the trash can with food-grade cleaner. Dry. Then add 3 gallons water, the salt, pepper, herbs and turkey. Finally, squeeze the lemons into the brine.
- ☐ Add some ice and allow the turkey to brine for 12 to 24 hours, re-icing during the process to keep temperature below 40 degrees F. This brining is optional.
- ☐ To cook the bird, remove from the brine and pat dry with towels. Or, for the non-brine option, remove the bird from the package, pat dry with towels, and apply the salt and pepper to the exterior of the bird.
- ☐ Next, place foil on level ground to form a 3-foot-square area.
- ☐ Place a stake in the ground and place the turkey on the stake, legs first. Cover the turkey with the trash can and apply half the coals on top of can with the remainder tightly around the base of the can.
- ☐ Light the coals evenly and allow the coals to warm until hot, then set the timer for 90 minutes and relax.
- ☐ After 90 minutes, carefully remove the coals with a turner or fireplace shovel and uncover.
- ☐ Remove the turkey and allow to rest for 10 minutes before carving.

# Nutrition Facts



# Properties

Glycemic Index:2.49, Glycemic Load:0.44, Inflammation Score:-10, Nutrition Score:10.286087090554%

# Flavonoids

Eriodictyol: 2.56mg, Eriodictyol: 2.56mg, Eriodictyol: 2.56mg, Eriodictyol: 2.56mg Hesperetin: 3.35mg, Hesperetin: 3.35mg, Hesperetin: 3.35mg, Hesperetin: 3.35mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 4.63mg, Apigenin: 4.63mg, Apigenin: 4.63mg, Apigenin: 4.63mg Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 109.94kcal (5.5%), Fat: 4.17g (6.41%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 2.42g (0.81%), Net Carbohydrates: 1.37g (0.5%), Sugar: 0.36g (0.4%), Cholesterol: 51.53mg (17.18%), Sodium: 1662.25mg (72.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.94g (31.88%), Vitamin K: 34.8µg (33.15%), Vitamin B3: 5.58mg (27.9%), Vitamin B6: 0.46mg (22.77%), Selenium: 15.31µg (21.87%), Vitamin C: 15.88mg (19.24%), Vitamin B12: 0.87µg (14.55%), Phosphorus: 138.91mg (13.89%), Zinc: 1.4mg (9.35%), Vitamin B2: 0.16mg (9.24%), Iron: 1.59mg (8.81%), Vitamin A: 420.37IU (8.41%), Magnesium: 28.72mg (7.18%), Vitamin B5: 0.63mg (6.32%), Potassium: 217.36mg (6.21%), Manganese: 0.12mg (6.01%), Copper: 0.12mg (5.85%), Fiber: 1.05g (4.2%), Calcium: 37.9mg (3.79%), Vitamin B1: 0.04mg (2.88%), Folate: 11.45µg (2.86%), Vitamin D: 0.21µg (1.43%)