



## Basic Brine for Seafood, Poultry, and Pork



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



65 min.

SERVINGS



5

CALORIES



167 kcal

SIDE DISH

### Ingredients



3 bay leaves



1 cup kosher salt



1 cup brown sugar light



2 quarts water cold

### Equipment

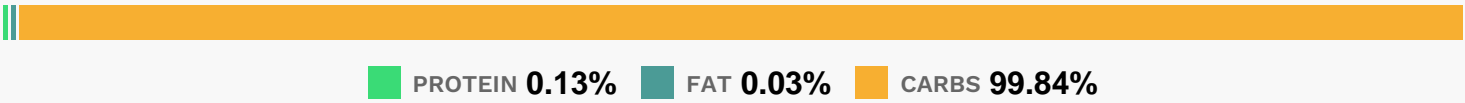


pot

# Directions

- ☐ Combine all ingredients in a large stockpot over medium-high heat. Cook, stirring constantly, about 3 minutes or until salt and sugar dissolve. Cool completely.
- ☐ Submerge meat in brine, weighing down with a plate to keep it covered, if necessary. Thin fish, such as flounder, should sit in brine only 10 minutes to 1 hour; thick fish, such as salmon, 1 hour; chicken pieces, 2 hours; and pork, 4 hours. Large meats, such as whole turkey, should brine 12 to 24 hours.
- ☐ Rinse meat to remove any surface salt, if necessary. Cook as desired.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:1.1508695481588%

## Nutrients (% of daily need)

Calories: 167.39kcal (8.37%), Fat: 0g (0.01%), Saturated Fat: 0g (0.01%), Carbohydrates: 43.21g (14.4%), Net Carbohydrates: 43.19g (15.71%), Sugar: 42.68g (47.42%), Cholesterol: 0mg (0%), Sodium: 22665.93mg (985.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.11%), Calcium: 62.39mg (6.24%), Copper: 0.1mg (4.95%), Manganese: 0.09mg (4.57%), Iron: 0.53mg (2.95%), Magnesium: 8.4mg (2.1%), Potassium: 63.51mg (1.81%)