



Brined Thanksgiving Turkey



Gluten Free



Dairy Free

READY IN



420 min.

SERVINGS



54

CALORIES



210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup apple juice
- ☐ 3 apples cored quartered
- ☐ 128 ounce chicken broth
- ☐ 2 tablespoons sage dried
- ☐ 6 sage leaves fresh
- ☐ 3 cloves garlic
- ☐ 1 cup kosher salt
- ☐ 1 cup brown sugar light

- ☐ 3 tablespoons olive oil or as needed
- ☐ 1 onion cut into 8 wedges
- ☐ 4 peppercorns
- ☐ 4 apples red halved
- ☐ 20 pound turkey turkey – whole thawed

Equipment

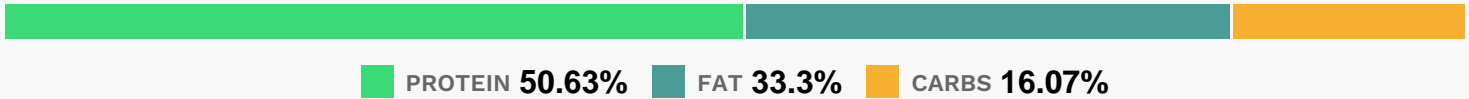
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Stir chicken broth, apple juice, brown sugar, salt, dried sage, and peppercorns together in a large stock pot; add apple halves and crushed garlic cloves. Bring the mixture just to a boil, stirring to dissolve sugar and salt.
- ☐ Remove from heat immediately.
- ☐ Pour enough ice into a large food-safe container to be about half full.
- ☐ Pour chicken broth mixture over the ice; stir to cool liquid completely and evenly.
- ☐ Gently lower turkey into the liquid with the breast facing down.
- ☐ Brine turkey 24 to 36 hours, adding ice as needed to keep the brine and turkey cold.
- ☐ Preheat oven to 500 degrees F (260 degrees C).
- ☐ Remove turkey from the brine and rinse well with cold water. Pat turkey dry with paper towels.
- ☐ Mix apple quarters, onion wedges, whole garlic cloves, and fresh sage leaves in a bowl; loosely stuff into cavity of turkey. Move the turkey to a shallow roasting pan. Lightly coat the turkey's skin with olive oil.

- ☐
- Bake the turkey in the preheated oven until the skin on the breast of the turkey is golden brown, about 30 minutes.
- ☐
- Reduce heat to 350 degrees F (175 degrees C), cover turkey with aluminum foil, and continue roasting the turkey until no longer pink at the bone and the juices run clear, about 6 hours. An instant-read thermometer inserted into the thickest part of the thigh should read 180 degrees F (85 degrees C).
- ☐
- Remove the turkey from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area 10 to 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:3.59, Glycemic Load:1.13, Inflammation Score:-2, Nutrition Score:11.472608675127%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 210.27kcal (10.51%), Fat: 7.7g (11.85%), Saturated Fat: 1.87g (11.7%), Carbohydrates: 8.36g (2.79%), Net Carbohydrates: 7.72g (2.81%), Sugar: 7.3g (8.11%), Cholesterol: 87.22mg (29.07%), Sodium: 2480.4mg (107.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.35g (52.71%), Vitamin B3: 9.29mg (46.43%), Selenium: 25.77µg (36.82%), Vitamin B6: 0.73mg (36.66%), Vitamin B12: 1.47µg (24.48%), Phosphorus: 224.97mg (22.5%), Vitamin B2: 0.27mg (15.78%), Zinc: 2.2mg (14.64%), Vitamin B5: 1mg (9.99%), Potassium: 319.57mg (9.13%), Magnesium: 32.9mg (8.23%), Iron: 1.19mg (6.59%), Copper: 0.13mg (6.4%), Vitamin B1: 0.08mg (5.21%), Manganese: 0.07mg (3.7%), Fiber: 0.65g (2.58%), Calcium: 24.33mg (2.43%), Folate: 9.69µg (2.42%), Vitamin D: 0.36µg (2.39%), Vitamin K: 2.28µg (2.17%), Vitamin E: 0.3mg (1.97%), Vitamin A: 85.39IU (1.71%), Vitamin C: 1.35mg (1.64%)