



Brined Turkey

 **Gluten Free**  **Dairy Free**

READY IN



680 min.

SERVINGS



22

CALORIES



326 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup heinz apple cider vinegar
- 1 Tbsp coarse ground pepper black
- 1 cup salt
- 1 cup sugar
- 14 lb turkey whole frozen thawed
- 2 gal. water divided

Equipment

- paper towels

sauce pan

Directions

- Cook 1 qt. (4 cups) water, sugar, salt, vinegar and pepper in saucepan on medium heat 10 min. or until sugar and salt are dissolved, stirring occasionally.
- Pour into plastic container large enough to hold brining liquid and turkey.
- Add remaining water. Cool completely.
- Remove and discard neck and giblets from turkey cavities. Rinse turkey; drain well.
- Add turkey to brining liquid; cover. Refrigerate at least 10 hours or up to 24 hours.
- Remove turkey from liquid; rinse well with cold water. Pat dry with paper towels. Cook as desired.

Nutrition Facts



Properties

Glycemic Index:6.46, Glycemic Load:6.4, Inflammation Score:-3, Nutrition Score:18.068260689145%

Nutrients (% of daily need)

Calories: 325.79kcal (16.29%), Fat: 11.6g (17.84%), Saturated Fat: 3g (18.74%), Carbohydrates: 9.28g (3.09%), Net Carbohydrates: 9.21g (3.35%), Sugar: 9.22g (10.24%), Cholesterol: 147.56mg (49.19%), Sodium: 5374.29mg (233.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.38g (88.76%), Vitamin B3: 15.64mg (78.21%), Selenium: 43.74µg (62.48%), Vitamin B6: 1.23mg (61.42%), Vitamin B12: 2.5µg (41.67%), Phosphorus: 375.91mg (37.59%), Zinc: 3.67mg (24.45%), Vitamin B2: 0.38mg (22.43%), Vitamin B5: 1.67mg (16.66%), Potassium: 467.9mg (13.37%), Magnesium: 52.12mg (13.03%), Iron: 1.85mg (10.27%), Copper: 0.17mg (8.34%), Vitamin B1: 0.1mg (6.58%), Manganese: 0.09mg (4.33%), Vitamin D: 0.61µg (4.1%), Folate: 14.39µg (3.6%), Calcium: 27.46mg (2.75%), Vitamin A: 116.26IU (2.33%), Vitamin E: 0.19mg (1.25%)