



## Brined Whole Turkey

 Gluten Free

READY IN



750 min.

SERVINGS



14

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 gallons water cold
- 2 cups kosher salt
- 12 pounds turkey whole frozen thawed
- 1 medium onion cut into fourths
- 1 medium carrots coarsely chopped
- 1 medium celery stalks coarsely chopped
- 1 teaspoon thyme leaves dried
- 3 tablespoons butter unsalted melted

## Equipment

- frying pan
- paper towels
- oven
- pot
- roasting pan
- kitchen thermometer
- aluminum foil
- skewers

## Directions

- Mix cold water and salt in a large clean bucket or stockpot (noncorrosive); stir until salt is dissolved.
- Add turkey. Cover and refrigerate 8 to 12 hours.
- Heat oven to 325°F.
- Remove turkey from brine; discard brine. Thoroughly rinse turkey under cool running water, gently rubbing outside and inside of turkey to release salt. Pat skin and both interior cavities dry with paper towels.
- Fasten neck skin to back of turkey with skewer. Fold wings across back of turkey so tips are touching. Toss onion, carrot, celery and thyme with 1 tablespoon of the melted butter; place in turkey cavity.
- Place turkey, breast side down, on rack in large shallow roasting pan.
- Brush entire back side of turkey with 1 tablespoon melted butter. Turn turkey over.
- Brush entire breast side of turkey with remaining 1 tablespoon melted butter. Insert ovenproof meat thermometer so tip is in thickest part of inside thigh and does not touch bone. (Do not add water or cover turkey.)
- Roast uncovered 3 hours 30 minutes to 4 hours, brushing twice with pan drippings during last 30 minutes of roasting.
- Turkey is done when thermometer reads 165°F and drumsticks move easily when lifted or twisted. If a meat thermometer is not used, begin testing for doneness after about 3 hours.

When turkey is done, place on warm platter and cover with aluminum foil to keep warm.

Let stand about 15 minutes for easiest carving.

## Nutrition Facts

**PROTEIN 58.93%** **FAT 39.9%** **CARBS 1.17%**

### Properties

Glycemic Index:10.77, Glycemic Load:0.31, Inflammation Score:-7, Nutrition Score:25.463913098626%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

### Nutrients (% of daily need)

Calories: 415.84kcal (20.79%), Fat: 18.02g (27.73%), Saturated Fat: 5.58g (34.87%), Carbohydrates: 1.2g (0.4%), Net Carbohydrates: 0.92g (0.33%), Sugar: 0.71g (0.79%), Cholesterol: 205.2mg (68.4%), Sodium: 16507.72mg (717.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.9g (119.8%), Vitamin B3: 21.12mg (105.61%), Selenium: 58.91µg (84.16%), Vitamin B6: 1.67mg (83.49%), Vitamin B12: 3.37µg (56.21%), Phosphorus: 509.9mg (50.99%), Zinc: 5.04mg (33.59%), Vitamin B2: 0.52mg (30.42%), Vitamin B5: 2.26mg (22.65%), Vitamin A: 965.69IU (19.31%), Magnesium: 76.46mg (19.12%), Potassium: 649.42mg (18.55%), Copper: 0.32mg (15.9%), Iron: 2.57mg (14.26%), Vitamin B1: 0.14mg (9.28%), Calcium: 61.26mg (6.13%), Vitamin D: 0.87µg (5.82%), Folate: 21.9µg (5.48%), Manganese: 0.09mg (4.7%), Vitamin E: 0.35mg (2.33%), Vitamin C: 1.08mg (1.3%), Fiber: 0.28g (1.12%)