



## Brown Sugar Crackle Glaze



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



30

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients



2 cups firmly brown sugar packed



5 tablespoons dijon mustard



2 teaspoons coarse-ground pepper

## Equipment



bowl



kitchen thermometer

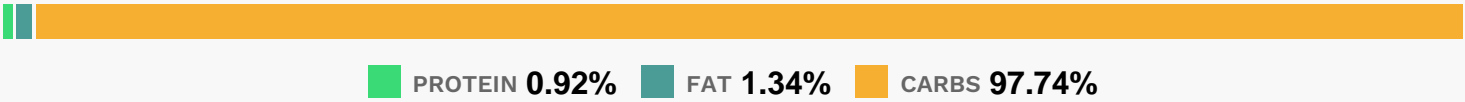


aluminum foil

# Directions

- ☐ In a small bowl, mix brown sugar, mustard, and pepper.
- ☐ When turkey has about 45 more minutes to cook (breast temperature at bone will be about 135 for birds up to 18 lb., about 145 for birds over 18 lb.), spread with half the glaze.
- ☐ Cook 20 minutes.
- ☐ Brush with remaining glaze. Continue to cook until the meat thermometer registers 16
- ☐ If glaze gets too dark, drape dark areas with foil.

# Nutrition Facts



# Properties

Glycemic Index:2.13, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.45086956437191%

# Nutrients (% of daily need)

Calories: 57.59kcal (2.88%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 14.61g (4.87%), Net Carbohydrates: 14.46g (5.26%), Sugar: 14.26g (15.85%), Cholesterol: 0mg (0%), Sodium: 31.63mg (1.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.28%), Manganese: 0.04mg (1.84%), Selenium: 1.03µg (1.48%), Calcium: 14.34mg (1.43%)