



## Cajun Brined Turkey-Two Ways

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

READY IN



**2345 min.**

SERVINGS



**6**

CALORIES



**1086 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup canola oil
- 0.3 teaspoon cayenne powder
- 1.5 teaspoons chile de árbol
- 0.3 cup new mexican chile powder
- 1 tablespoon thyme leaves dried
- 2 bay leaves fresh
- 1 tablespoon garlic powder
- 1.5 cups kosher salt

- 0.3 cup brown sugar light
- 1 large onion spanish quartered
- 1 tablespoon onion powder
- 1 tablespoon oregano dried
- 0.5 cup paprika spanish
- 12 pound turkey fresh
- 4 cloves garlic whole

## Equipment

- bowl
- whisk
- pot
- roasting pan
- grill
- kitchen thermometer
- aluminum foil

## Directions

- Watch how to make this recipe.
- Special equipment: 3 cups hickory or apple chips if desired, soaked in cold water for 1 hour
- Combine the Spanish paprika, New Mexican chile powder, garlic powder, onion powder, oregano, thyme, chile de arbol and cayenne in a small bowl.
- Remove 1/4 cup for another use, such as the Eggplant Casserole with Red Pepper Pesto and Cajun Breadcrumbs. Dissolve the salt and sugar in 2 gallons cold water in a large (at least 16-quart) stockpot or a clean bucket.
- Whisk in half of the remaining spice rub, the garlic, bay leaves and onion.
- Add the turkey, cover and refrigerate or set in a very cold place (that stays somewhere between 32 to 40 degrees F) for at least 12 hours and up to 24 hours. Rinse well under cold water and pat dry to remove the salt.
- Let air-dry in the refrigerator for 24 hours.

- In The Big Green Egg: Light a large chimney filled with charcoal briquettes (about 5 quarts) and allow to burn until all the charcoal is covered with a layer of fine gray ash. Empty the coals into the grill. Top with some of the soaked wood chips if using. Put in the ceramic plate, then the grill rack.
- Put the cover on and let the grate heat up.
- Brush the turkey with oil and rub the entire turkey (including the cavity) with the remaining spice rub. Tie the legs together. Adjust the grill vents to get and maintain an internal temperature of 350 degrees F. Roast the turkey for 2 hours to 2 hours and 15 minutes, until a meat thermometer inserted in the thigh reads 165 degrees F.
- Remove from the grill, tent with foil and let rest for 30 minutes before carving.
- In the Caja China: Prepare the charcoal briquettes according to the instructions that come with the box.
- Put the roasting pan with its rack (comes with the box) inside, and put the turkey breast-side down on the rack. Put on the top and fill with charcoal. After 30 minutes, flip the turkey breast-side up and continue cooking for about 1 more hour, until a meat thermometer inserted in the thigh reads 165 degrees F.
- Add charcoal as necessary according to the box instructions.
- Remove from the box, tent with foil and let rest for 30 minutes before carving.

## Nutrition Facts

**PROTEIN 52.57%**

**FAT 39.47%**

**CARBS 7.96%**

### Properties

Glycemic Index:21.83, Glycemic Load:0.92, Inflammation Score:-10, Nutrition Score:52.100434634996%

### Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

### Nutrients (% of daily need)

Calories: 1086.33kcal (54.32%), Fat: 47.34g (72.83%), Saturated Fat: 10.41g (65.06%), Carbohydrates: 21.46g (7.15%), Net Carbohydrates: 16.02g (5.83%), Sugar: 12.26g (13.62%), Cholesterol: 463.75mg (154.58%), Sodium: 29184.19mg (1268.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 141.87g (283.73%), Vitamin B3: 50.67mg

(253.35%), Vitamin B6: 4.21mg (210.73%), Selenium: 140.41µg (200.59%), Vitamin B12: 7.86µg (130.97%), Phosphorus: 1236.27mg (123.63%), Zinc: 12.23mg (81.52%), Vitamin A: 4075.63IU (81.51%), Vitamin B2: 1.33mg (78.2%), Vitamin B5: 5.44mg (54.43%), Potassium: 1791.99mg (51.2%), Iron: 9.04mg (50.21%), Magnesium: 189.07mg (47.27%), Vitamin E: 6.45mg (43.02%), Vitamin K: 35.88µg (34.17%), Copper: 0.67mg (33.34%), Manganese: 0.54mg (27%), Vitamin B1: 0.37mg (24.89%), Vitamin C: 19.54mg (23.69%), Fiber: 5.44g (21.77%), Calcium: 171.15mg (17.11%), Folate: 64.41µg (16.1%), Vitamin D: 1.93µg (12.88%)