



Cider-Brined Turkey with Maple-Cider Glaze

 Gluten Free

READY IN



900 min.

SERVINGS



8

CALORIES



823 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apple cider
- 8 cups apple cider
- 3 bay leaves
- 8 servings pepper black freshly ground
- 10 peppercorns whole black
- 0.3 cup brown sugar
- 6 tablespoons butter
- 5 cloves garlic crushed

- 0.3 cup kosher salt
- 0.7 cup amber maple syrup dark
- 8 servings olive oil for drizzling
- 2 strips orange rind
- 2 oranges sliced
- 1 handful parsley leaves fresh
- 2 teaspoons peppercorns
- 1 handful sage leaves fresh
- 2 large onions quartered
- 4 skin-on turkey leg/thigh quarters bone-in
- 1 handful thyme sprigs fresh
- 2 skin-on turkey breasts bone-in
- 1 cup turkey stock

Equipment

- baking sheet
- oven
- pot
- kitchen thermometer
- ziploc bags

Directions

- Heat the apple cider, brown sugar, salt, peppercorns, garlic, bay leaves, oranges, shallots, parsley, sage and thyme in a saucepot to dissolve the sugar and salt. Then let the mixture cool completely.
- Divide the turkey pieces between two 2 1/2-gallon resealable plastic bags or containers big enough to hold them.
- Add equal parts of the brine to the two bags.
- Let rest for several hours in the fridge, preferably overnight.

- Preheat the oven to 325 degrees F.
- Remove the turkey from the brine and pat dry. Rub the skin with oil and sprinkle with pepper. Set the turkey on a metal rack placed over a rimmed baking sheet and cook about 15 minutes per pound, or until an instant-read thermometer inserted into the thickest part registers about 165 degrees F. The temperature will go up 5 to 10 degrees as it rests.
- Place a small saucepot over medium-high heat.
- Add the apple cider, turkey stock, maple syrup, butter, peppercorns and orange rind. Bring the mixture to a light simmer and reduce by half. Baste the turkey every now and then during the last half of the cooking time.

Nutrition Facts

PROTEIN 26.8%

FAT 41.86%

CARBS 31.34%

Properties

Glycemic Index:55.44, Glycemic Load:20.52, Inflammation Score:-7, Nutrition Score:35.705217143764%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 3.32mg, Catechin: 3.32mg, Catechin: 3.32mg, Catechin: 3.32mg Epicatechin: 12.51mg, Epicatechin: 12.51mg, Epicatechin: 12.51mg, Epicatechin: 12.51mg Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 822.8kcal (41.14%), Fat: 38.63g (59.42%), Saturated Fat: 11.35g (70.91%), Carbohydrates: 65.06g (21.69%), Net Carbohydrates: 63g (22.91%), Sugar: 54.67g (60.74%), Cholesterol: 199.57mg (66.52%), Sodium: 4121.39mg (179.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.65g (111.3%), Copper: 4.08mg (204.11%), Vitamin B3: 23.55mg (117.75%), Vitamin B6: 1.9mg (94.96%), Selenium: 59.49µg (84.99%), Phosphorus: 618.09mg (61.81%), Manganese: 1.21mg (60.64%), Vitamin B2: 0.81mg (47.92%), Potassium: 1110.12mg (31.72%), Vitamin B12: 1.71µg (28.48%), Vitamin C: 22.18mg (26.88%), Zinc: 3.86mg (25.74%), Vitamin B5: 2.53mg (25.33%), Magnesium: 93.72mg (23.43%), Vitamin K: 21.19µg (20.18%), Vitamin E: 2.64mg (17.63%), Vitamin B1: 0.24mg (16.27%), Iron: 2.6mg (14.47%), Calcium: 131.81mg (13.18%), Vitamin A: 494.07IU (9.88%), Fiber: 2.05g (8.21%), Folate: 30.89µg (7.72%), Vitamin D: 0.27µg (1.78%)