



Citrus and Peppercorn Dry Brine



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



54

CALORIES



4 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



6 bay leaves



2 tablespoons peppercorns black



2 teaspoons coriander seeds



0.5 cup kosher salt



0.3 cup lemon zest



2 tablespoons brown sugar light



2 tablespoons orange zest



1 tablespoon pink peppercorns

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2 teaspoons peppercorns white

Equipment

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frying pan

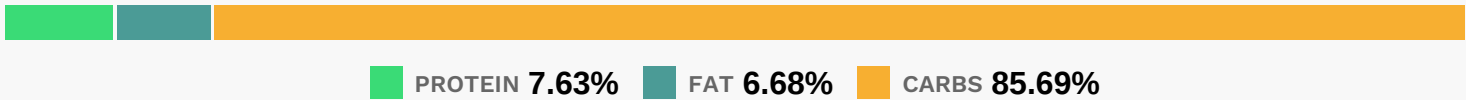
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rolling pin

Directions

- ☐ Toast black, pink, and white peppercorns and bay leaves in a skillet until fragrant.
- ☐ Let cool, then crush in a bag using a rolling pin or heavy skillet.
- ☐ Mix with salt, sugar, lemon zest, and orange zest. Apply to turkey and after curing, rinse off and pat dry before roasting.
- ☐ DO AHEAD: Dry brine can be made 3 days ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:1.19, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.47608694596135%

Nutrients (% of daily need)

Calories: 4.3kcal (0.22%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 1.09g (0.36%), Net Carbohydrates: 0.8g (0.29%), Sugar: 0.45g (0.5%), Cholesterol: 0mg (0%), Sodium: 1048.21mg (45.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.19%), Manganese: 0.08mg (4.2%), Fiber: 0.29g (1.17%), Vitamin C: 0.93mg (1.13%)