



## Citrus Honey Brined Smoked Turkey

 Gluten Free  Dairy Free

READY IN



750 min.

SERVINGS



18

CALORIES



504 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 stalk celery cut into chunks
- 1 apples i use 2 granny smith apples cored cut into large chunks
- 16 ounce honey
- 7 pound ice cubes
- 1 pound kosher salt
- 1 small onion cut into chunks
- 1 cranberry-orange relish quartered
- 1 cup orange juice

- 1 teaspoon poultry seasoning
- 2 quarts vegetable broth
- 0.3 cup vegetable oil
- 1 gallon water hot
- 15 pound turkey whole

## Equipment

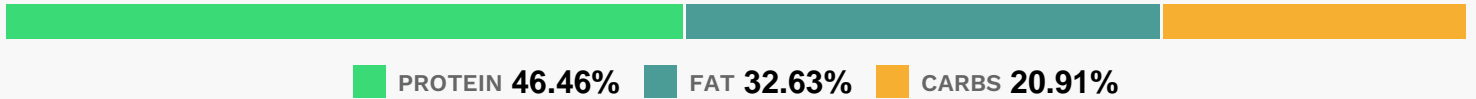
- bowl
- paper towels
- grill
- kitchen thermometer
- aluminum foil

## Directions

- Mix hot water and kosher salt in a 54-quart cooler, stirring until the salt dissolves.
- Mix in vegetable broth, honey, and orange juice.
- Pour in the ice cubes, place the turkey into the brine with breast side up, and close the cooler lid.
- Place the cooler in a cold place and let the turkey marinate overnight or up to 12 hours. Brine temperature must stay colder than 40 degrees F (4 degrees C).
- Remove turkey from brine, discard brine, and dry the turkey thoroughly with paper towels.
- Mix vegetable oil with poultry seasoning in a bowl, and rub the turkey with the mixture.
- Place apple, celery, onion, and orange pieces into the cavity of the turkey.
- Preheat an outdoor grill to 400 degrees F (205 degrees C) for indirect heat and lightly oil the grate. Build a 'smoke bomb' by placing about 1 cup of hickory or cherry wood chips into the middle of a 12x12-inch doubled piece of aluminum foil. Gather up the edges of the foil to make a pouch and leave the pouch open at the top. Set the smoke bomb directly onto the coals if grilling with charcoal, or onto the flame bar of a gas grill.
- Set the turkey onto the grill in position for indirect heat, insert a probe thermometer into the thickest part of the turkey breast, not touching a bone, and close the grill. Set the probe thermometer for 160 degrees F (70 degrees C).

- Grill turkey for 1 hour and check the bird; if skin is already golden brown, cover the breast, legs, and wings with aluminum foil. Replace the smoke bomb with a new one; close cover and continue to grill until probe thermometer registers 160 degrees F (70 degrees C), 2 to 3 more hours.
- Remove the fruit and vegetable pieces from the cavity, cover turkey with aluminum foil, and let rest for 1 hour before carving.

## Nutrition Facts



### Properties

Glycemic Index:15.71, Glycemic Load:12.91, Inflammation Score:-6, Nutrition Score:25.690434621728%

### Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 3.63mg, Hesperetin: 3.63mg, Hesperetin: 3.63mg, Hesperetin: 3.63mg Naringenin: 1.41mg, Naringenin: 1.41mg, Naringenin: 1.41mg, Naringenin: 1.41mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

### Nutrients (% of daily need)

Calories: 504.13kcal (25.21%), Fat: 18.23g (28.05%), Saturated Fat: 4.4g (27.48%), Carbohydrates: 26.3g (8.77%), Net Carbohydrates: 25.69g (9.34%), Sugar: 24.83g (27.59%), Cholesterol: 193.23mg (64.41%), Sodium: 10510.58mg (456.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.41g (116.82%), Vitamin B3: 20.61mg (103.05%), Selenium: 57.48µg (82.11%), Vitamin B6: 1.64mg (81.77%), Vitamin B12: 3.27µg (54.57%), Phosphorus: 498.46mg (49.85%), Zinc: 4.93mg (32.84%), Vitamin B2: 0.52mg (30.49%), Vitamin B5: 2.25mg (22.54%), Potassium: 680.04mg (19.43%), Magnesium: 75.35mg (18.84%), Copper: 0.3mg (15.02%), Iron: 2.6mg (14.42%), Vitamin C: 11.72mg (14.21%), Vitamin B1: 0.15mg (10.12%), Vitamin A: 436.63IU (8.73%), Vitamin K: 7.37µg (7.02%), Folate: 27.6µg (6.9%), Calcium: 56.61mg (5.66%), Vitamin D: 0.81µg (5.37%), Manganese: 0.1mg (4.99%), Vitamin E: 0.53mg (3.56%), Fiber: 0.61g (2.44%)