

Citrus Turkey Brine



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



15

CALORIES



12 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 bay leaves
- ☐ 1 tablespoon thyme leaves dried
- ☐ 3 cloves garlic
- ☐ 1 tablespoon ground pepper black
- ☐ 1 optional: lemon cut into wedges
- ☐ 1 medium onion cut into wedges
- ☐ 1 cranberry-orange relish cut into wedges
- ☐ 1 cup salt

☐ 1.5 gallons water cold

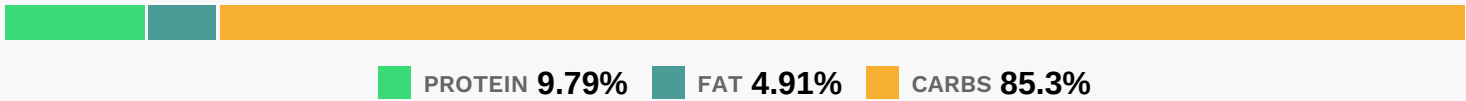
Equipment

☐ pot

Directions

- ☐ Rub salt onto your turkey, and place remaining salt, lemons, oranges, onion, garlic, bay leaves, thyme and pepper into a large pot.
- ☐ Place the turkey in the pot, and fill with water. Refrigerate overnight. Discard brine after removing turkey.

Nutrition Facts



Properties

Glycemic Index:10.47, Glycemic Load:0.73, Inflammation Score:-4, Nutrition Score:2.0460869333018%

Flavonoids

Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg Hesperetin: 4.39mg, Hesperetin: 4.39mg, Hesperetin: 4.39mg, Hesperetin: 4.39mg Naringenin: 1.38mg, Naringenin: 1.38mg, Naringenin: 1.38mg, Naringenin: 1.38mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 11.84kcal (0.59%), Fat: 0.08g (0.12%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.28g (0.83%), Sugar: 1.32g (1.47%), Cholesterol: 0mg (0%), Sodium: 7564.59mg (328.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%), Vitamin C: 9.34mg (11.32%), Manganese: 0.12mg (5.87%), Vitamin K: 5.27µg (5.02%), Copper: 0.09mg (4.27%), Calcium: 31.2mg (3.12%), Fiber: 0.76g (3.02%), Iron: 0.52mg (2.9%), Magnesium: 7.62mg (1.9%), Vitamin B6: 0.03mg (1.52%), Folate: 5.67µg (1.42%), Potassium: 48.04mg (1.37%), Vitamin B1: 0.02mg (1.12%)