



## Fruity Tutti Turkey Brine

 Gluten Free  Dairy Free

READY IN



300 min.

SERVINGS



18

CALORIES



616 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2.5 cups brown sugar
- ☐ 1.5 cups candied ginger chopped
- ☐ 2 cinnamon sticks
- ☐ 4 ounces apples dried
- ☐ 1.5 cups cherries dried
- ☐ 4 ounces pears dried
- ☐ 1 sprig rosemary fresh to taste
- ☐ 1 leaf sage fresh to taste

- ☐ 1 gallon ice water
- ☐ 1 cup kosher salt
- ☐ 1 apples red cored quartered
- ☐ 15 pound turkey whole frozen
- ☐ 14 ounce vegetable broth canned
- ☐ 1 tablespoon vegetable oil or as needed
- ☐ 3 cups water to cover
- ☐ 1 onion white quartered
- ☐ 1 teaspoon allspice whole
- ☐ 2 tablespoons peppercorns whole

## Equipment

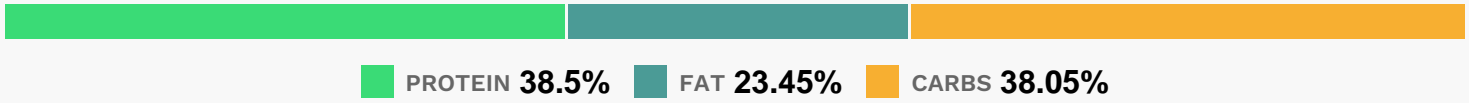
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ microwave
- ☐ measuring cup

## Directions

- ☐ Stir the vegetable broth, candied ginger, dried cherries, dried pears, dried apples, brown sugar, kosher salt, black peppercorns, allspice berries, 3 cinnamon sticks, and 5 sage leaves together in a large stockpot until the brown sugar and salt dissolve completely; bring to a boil, reduce heat to medium-low, and cook for 1 hour, stirring occasionally.
- ☐ Remove the brine from heat, add the ice water, and stir to melt ice and chill the brine; refrigerate until cold, at least 2 hours.
- ☐ Place the still-frozen turkey into the brine and refrigerate for 3 days. On the second day of brining, turn the turkey over in the brine.
- ☐ On serving day (the third day of brining), preheat oven to 350 degrees F (175 degrees C).
- ☐ Remove the turkey from the brine and place into a roasting pan. Discard the brine.

- ☐ Place the onion, red apple, 1 sprig of rosemary, 2 more cinnamon sticks, and 1 sage leaf into a 5-cup microwave-safe measuring cup and fill the cup with enough water to cover.
- ☐ Place into microwave oven and cook on high power until hot, about 5 minutes.
- ☐ Pour the contents of the cup into the cavity of the turkey. Rub the skin of the turkey with the vegetable oil.
- ☐ Roast in the preheated oven until the turkey is golden brown and the juices run clear, 4 to 4 1/2 hours. An instant-read meat thermometer inserted into the thickest part of a thigh should read 165 degrees F (75 degrees C).

## Nutrition Facts



## Properties

Glycemic Index:10.28, Glycemic Load:1.83, Inflammation Score:-6, Nutrition Score:26.447391002075%

## 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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

## Nutrients (% of daily need)

Calories: 615.89kcal (30.79%), Fat: 16.04g (24.68%), Saturated Fat: 4.07g (25.44%), Carbohydrates: 58.55g (19.52%), Net Carbohydrates: 55.68g (20.25%), Sugar: 52.9g (58.78%), Cholesterol: 193.23mg (64.41%), Sodium: 6707.29mg (291.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.24g (118.49%), Vitamin B3: 20.7mg (103.5%), Selenium: 57.75µg (82.49%), Vitamin B6: 1.65mg (82.42%), Vitamin B12: 3.27µg (54.57%), Phosphorus: 503.66mg (50.37%), Zinc: 4.9mg (32.68%), Vitamin B2: 0.52mg (30.72%), Vitamin B5: 2.27mg (22.73%), Potassium: 744.12mg (21.26%), Magnesium: 79.22mg (19.8%), Iron: 3.15mg (17.49%), Copper: 0.33mg (16.54%), Manganese: 0.32mg (16.18%), Fiber: 2.87g (11.46%), Vitamin A: 570.48IU (11.41%), Calcium: 91.06mg (9.11%), Vitamin B1: 0.14mg (9.03%), Vitamin D: 0.81µg (5.37%), Folate: 20.87µg (5.22%), Vitamin K: 5.05µg (4.81%), Vitamin E: 0.38mg (2.54%), Vitamin C: 1.73mg (2.09%)