



Grandma's Farmhouse Turkey Brine



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



14

CALORIES



47 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon pepper black
- ☐ 3 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 2 cups kosher salt
- ☐ 3 tablespoons onion powder
- ☐ 3 tablespoons poultry seasoning
- ☐ 4 quarts vegetable broth
- ☐ 2 quarts water

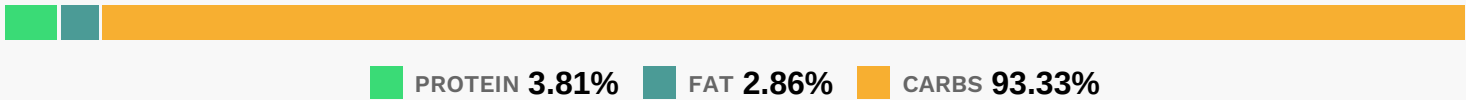
Equipment

☐ pot

Directions

- ☐ Stir the salt, poultry seasoning, onion powder, and black pepper together in a large stockpot.
- ☐ Pour in the vegetable stock, water, and cranberry juice; bring to a boil. Reduce heat to medium-low and simmer 20 minutes.
- ☐ Remove from the heat and allow to cool to room temperature.
- ☐ To use, submerge a turkey into the cooled brine and refrigerate 12 to 16 hours to brine.
- ☐ Drain the turkey and pat dry before roasting according to your recipe's directions.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:5.28, Inflammation Score:-4, Nutrition Score:3.0017391009175%

Nutrients (% of daily need)

Calories: 47.28kcal (2.36%), Fat: 0.16g (0.25%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 11.61g (4.22%), Sugar: 8.99g (9.99%), Cholesterol: 0mg (0%), Sodium: 17258.43mg (750.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.99%), Vitamin A: 625.22IU (12.5%), Vitamin K: 10.43µg (9.93%), Manganese: 0.17mg (8.73%), Vitamin C: 5.5mg (6.66%), Vitamin E: 0.67mg (4.47%), Copper: 0.09mg (4.29%), Iron: 0.68mg (3.75%), Calcium: 34.6mg (3.46%), Vitamin B6: 0.05mg (2.58%), Magnesium: 9.37mg (2.34%), Potassium: 71.42mg (2.04%), Fiber: 0.49g (1.95%), Phosphorus: 14.02mg (1.4%), Zinc: 0.2mg (1.35%)