



Herb-Brined Creole Turkey

 Gluten Free

READY IN



15 min.

SERVINGS



20

CALORIES



412 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 cups apple cider
- ☐ 1 cup brown sugar
- ☐ 0.3 cup butter melted
- ☐ 0.3 cup creole seasoning
- ☐ 1 tablespoon thyme dried
- ☐ 8 garlic clove crushed
- ☐ 1 cup kosher salt
- ☐ 1 tablespoon pepper black

- ☐ 12 pound turkey whole

Equipment

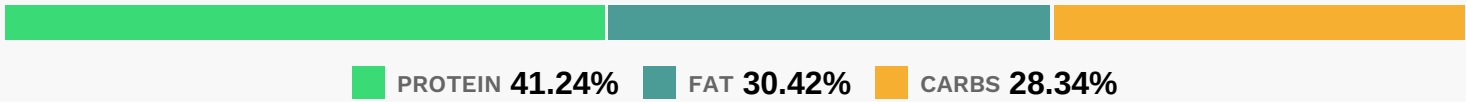
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Combine first 5 ingredients and 6 cups apple cider in a stockpot over medium-high heat; bring to a boil. Reduce heat, and simmer 10 minutes or until sugar and salt dissolve. Stir in remaining 6 cups apple cider. Cool mixture completely.
- ☐ Rinse turkey with cold water.
- ☐ Place in a turkey-size oven bag, and place bagged turkey inside a second bag; add cider mixture to first bag with turkey. Secure bags. Refrigerate 12 to 24 hours, turning occasionally. (If space is lacking in your refrigerator, secure bags, place in a beverage cooler, and cover with ice. Check periodically and replace ice, if necessary.)
- ☐ Remove turkey from bags, and discard brine. Rinse turkey with cold water; drain and pat dry with paper towels.
- ☐ Loosen and lift skin from turkey with fingers, without totally detaching skin; spread 1 tablespoon Creole seasoning under skin.
- ☐ Sprinkle 1 tablespoon seasoning inside cavity.
- ☐ Sprinkle turkey skin with remaining 2 tablespoons Creole seasoning.
- ☐ Let turkey stand 30 minutes.
- ☐ Preheat oven to 32
- ☐ Place turkey on a roasting rack, breast side up; brush entire bird with melted butter. Roast about 3 hours or until a meat thermometer inserted into thickest portion of thigh registers 18
- ☐ (Shield turkey with aluminum foil after 1 hour to prevent excessive browning, if necessary.)
- ☐ Brush with pan juices occasionally during last 60 minutes of cooking.

Let stand 15 minutes before carving.

Nutrition Facts



Properties

Glycemic Index:9.24, Glycemic Load:6.83, Inflammation Score:-8, Nutrition Score:21.251304284386%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epicatechin: 6.67mg, Epicatechin: 6.67mg, Epicatechin: 6.67mg, Epicatechin: 6.67mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 412.23kcal (20.61%), Fat: 13.92g (21.42%), Saturated Fat: 4.42g (27.62%), Carbohydrates: 29.19g (9.73%), Net Carbohydrates: 27.92g (10.15%), Sugar: 24.73g (27.48%), Cholesterol: 145.23mg (48.41%), Sodium: 5903.34mg (256.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.47g (84.95%), Vitamin B3: 15.14mg (75.71%), Vitamin B6: 1.28mg (63.84%), Selenium: 41.93µg (59.9%), Vitamin B12: 2.36µg (39.37%), Phosphorus: 376.02mg (37.6%), Vitamin A: 1420.44IU (28.41%), Vitamin B2: 0.41mg (24.26%), Zinc: 3.59mg (23.94%), Potassium: 662.32mg (18.92%), Vitamin B5: 1.67mg (16.65%), Magnesium: 62.33mg (15.58%), Manganese: 0.28mg (14.14%), Iron: 2.49mg (13.81%), Copper: 0.2mg (9.78%), Vitamin B1: 0.14mg (9.07%), Vitamin E: 1.16mg (7.7%), Vitamin K: 6.51µg (6.2%), Calcium: 57.56mg (5.76%), Fiber: 1.26g (5.05%), Vitamin C: 4.01mg (4.86%), Folate: 17.49µg (4.37%), Vitamin D: 0.58µg (3.86%)