



Honey Brined Smoked Turkey

 **Gluten Free**  **Dairy Free**

READY IN



268 min.

SERVINGS



12

CALORIES



814 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound honey
- 7 pound ice cubes
- 1 pound kosher salt
- 15 pound turkey with giblets removed
- 2 quarts vegetable broth
- 12 servings vegetable oil for rubbing turkey
- 1 gallon water hot

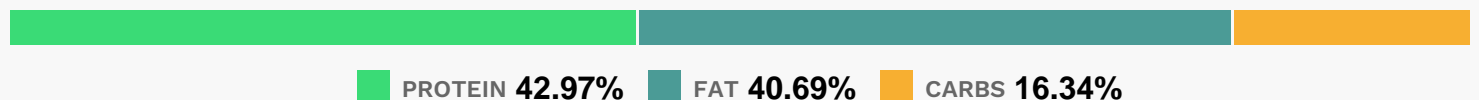
Equipment

- grill
- kitchen thermometer
- aluminum foil

Directions

- Watch how to make this recipe.
- Combine the hot water and the salt in a 54-quart cooler. Stir until the salt dissolves. Stir in the vegetable broth and the honey.
- Add the ice and stir.
- Place the turkey in the brine, breast side up, and cover with cooler lid.. Brine overnight, up to 12 hours.
- Remove the turkey from the brine and dry thoroughly. Rub the bird thoroughly with the vegetable oil.
- Heat the grill to 400 degrees F.
- Using a double thickness of heavy-duty aluminum foil, build a smoke bomb.
- Place a cup of hickory wood chips in the center of the foil and gather up the edges, making a small pouch. Leave the pouch open at the top. Set this directly on the charcoal or on the metal bar over the gas flame. Set the turkey over indirect heat, insert a probe thermometer into the thickest part of the breast meat, and set the alarm for 160 degrees F. Close the lid and cook for 1 hour.
- After 1 hour check the bird; if the skin is golden brown, cover with aluminum foil and continue cooking. Also, after 1 hour, replace wood chips with second cup.
- Once the bird reaches 160 degrees F, remove from grill, cover with aluminum foil, and allow to rest for 1 hour. Carve and serve.

Nutrition Facts



Properties

Glycemic Index:8.11, Glycemic Load:17.15, Inflammation Score:-6, Nutrition Score:33.273913022617%

Nutrients (% of daily need)

Calories: 814.17kcal (40.71%), Fat: 36.7g (56.47%), Saturated Fat: 8.02g (50.1%), Carbohydrates: 33.17g (11.06%), Net Carbohydrates: 33.09g (12.03%), Sugar: 32.62g (36.24%), Cholesterol: 289.85mg (96.62%), Sodium: 15762.57mg (685.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 87.23g (174.46%), Vitamin B3: 30.77mg (153.83%), Selenium: 86.09µg (122.98%), Vitamin B6: 2.42mg (121.02%), Vitamin B12: 4.91µg (81.85%), Phosphorus: 738.2mg (73.82%), Zinc: 7.34mg (48.96%), Vitamin B2: 0.76mg (44.65%), Vitamin B5: 3.29mg (32.9%), Magnesium: 107.58mg (26.89%), Potassium: 924.42mg (26.41%), Vitamin K: 25.75µg (24.52%), Copper: 0.43mg (21.39%), Iron: 3.75mg (20.82%), Vitamin B1: 0.19mg (12.88%), Vitamin A: 561.39IU (11.23%), Vitamin E: 1.51mg (10.05%), Vitamin D: 1.21µg (8.05%), Calcium: 73.02mg (7.3%), Folate: 28.94µg (7.23%), Manganese: 0.12mg (5.82%)