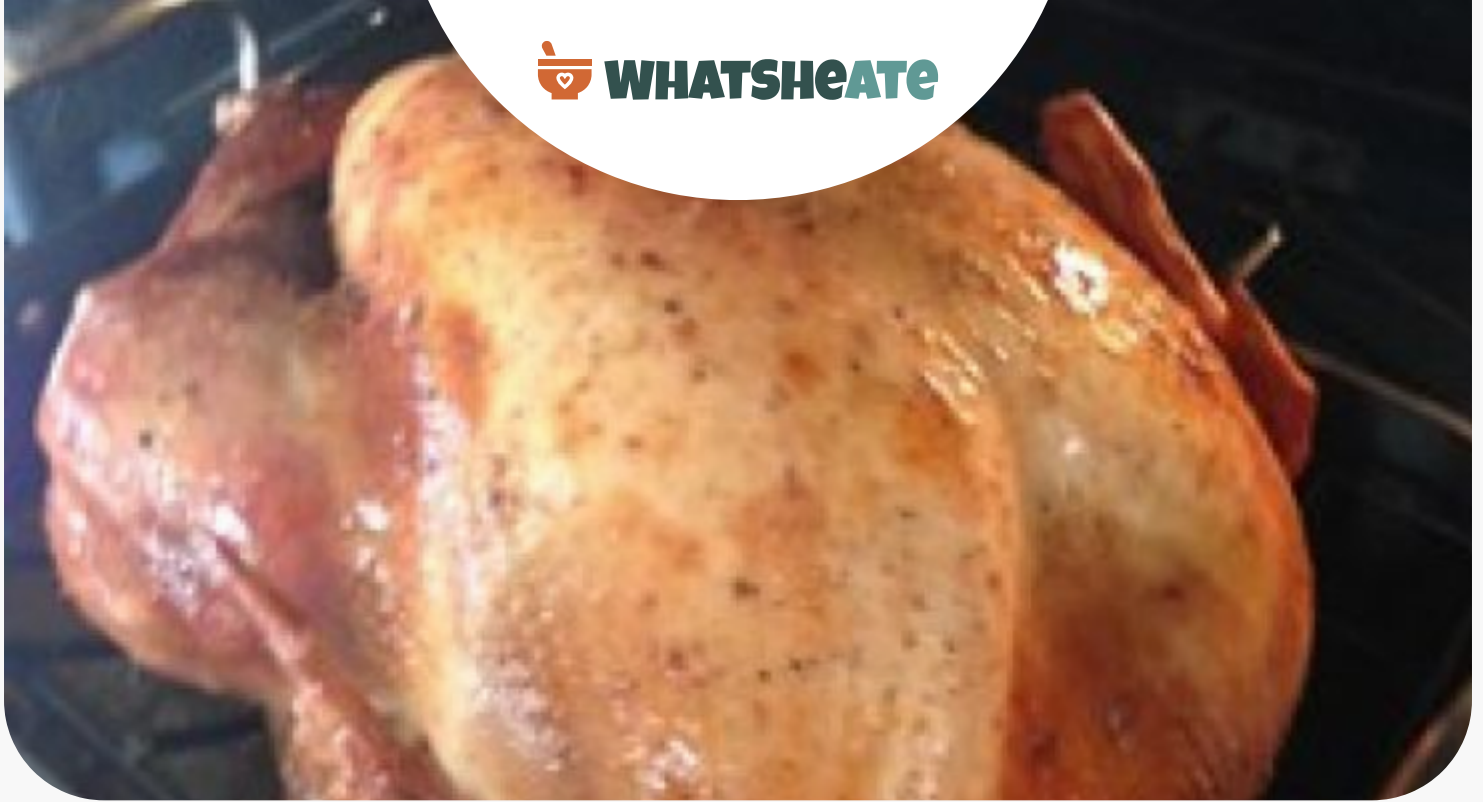




Incredible Turkey Brine



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



34

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 tablespoon peppercorns whole black
- ☐ 1 sprig rosemary fresh
- ☐ 4 sprigs thyme leaves fresh
- ☐ 6 cloves garlic chopped
- ☐ 1.3 cups kosher salt
- ☐ 0.3 cup brown sugar light
- ☐ 2 gallons water

0.3 cup worcestershire sauce

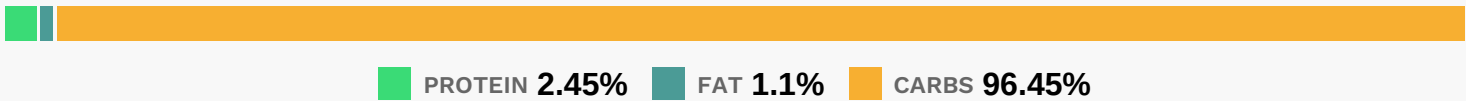
Equipment

pot

Directions

Stir water, salt, brown sugar, Worcestershire sauce, garlic, thyme, rosemary, peppercorns, allspice berries, and bay leaf together in a large pot; bring to a boil. Set aside to cool completely before brining turkey.

Nutrition Facts



Properties

Glycemic Index:3.15, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.60304348097871%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 11.41kcal (0.57%), Fat: 0.01g (0.02%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 2.9g (0.97%), Net Carbohydrates: 2.8g (1.02%), Sugar: 2.3g (2.56%), Cholesterol: 0mg (0%), Sodium: 4198.97mg (182.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.15%), Manganese: 0.06mg (3.04%), Copper: 0.05mg (2.5%), Calcium: 15.98mg (1.6%), Iron: 0.22mg (1.21%)