

Maple Turkey Brine



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



18

CALORIES



185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 bay leaves
- ☐ 2 teaspoons peppercorns whole black
- ☐ 2 cups brown sugar dark
- ☐ 1 cup maple syrup
- ☐ 0.8 cup sea salt
- ☐ 1 cup soya sauce
- ☐ 3 large thyme sprigs fresh
- ☐ 4 quarts water divided

- ☐ 1 cup mash whiskey sour
- ☐ 8 cloves garlic cloves whole peeled

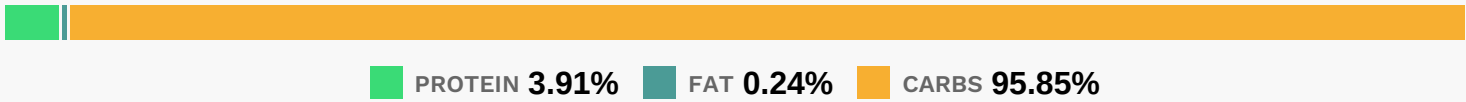
Equipment

- ☐ pot

Directions

- ☐ Place 2 quarts of water in a large pot over medium heat, and stir in brown sugar, soy sauce, maple syrup, sea salt, garlic cloves, bay leaves, thyme sprigs, peppercorns, and whiskey. Stir to dissolve brown sugar and salt; bring to a boil.
- ☐ Remove from heat, and stir in remaining 2 quarts of water. Allow brine to cool completely before using.

Nutrition Facts



Properties

Glycemic Index:9.64, Glycemic Load:4.69, Inflammation Score:-2, Nutrition Score:3.5386956583547%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 185.19kcal (9.26%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 37.58g (12.53%), Net Carbohydrates: 37.3g (13.56%), Sugar: 34.68g (38.53%), Cholesterol: 0mg (0%), Sodium: 5454.85mg (237.17%), Alcohol: 4.72g (100%), Alcohol %: 2.04% (100%), Protein: 1.53g (3.06%), Manganese: 0.59mg (29.74%), Vitamin B2: 0.25mg (14.72%), Calcium: 57.13mg (5.71%), Copper: 0.08mg (3.98%), Magnesium: 14.81mg (3.7%), Iron: 0.66mg (3.65%), Potassium: 114.23mg (3.26%), Vitamin B3: 0.58mg (2.88%), Vitamin B6: 0.05mg (2.75%), Phosphorus: 21.15mg (2.12%), Zinc: 0.25mg (1.66%), Vitamin B1: 0.02mg (1.58%), Fiber: 0.29g (1.15%)