

# 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 t 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 irish whiskey sour
- 8 cloves garlic clove 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

PROTEIN 3.91% FAT 0.24% CARBS 95.85%

## 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%)