



Master Brine



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



7 min.

SERVINGS



22

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 bay leaves
- ☐ 6 teaspoons peppercorns black
- ☐ 2 cinnamon sticks
- ☐ 3 tablespoons granulated sugar
- ☐ 4.5 tablespoons kosher salt
- ☐ 4 star anise
- ☐ 8 thyme sprigs
- ☐ 6 cups water

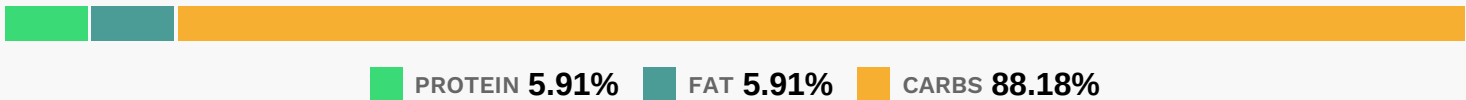
Equipment

☐ ziploc bags

Directions

- ☐ To prepare basic brine, combine first 4 ingredients in a large heavy-duty zip-top plastic bag.
- ☐ Add ingredients for either the spice flavoring or the herb flavoring; seal bag, shaking until salt and sugar dissolve.
- ☐ Tip: For larger cuts of meat or a larger bird like a turkey, triple or quadruple the mixture.

Nutrition Facts



Properties

Glycemic Index:7.14, Glycemic Load:1.32, Inflammation Score:-3, Nutrition Score:1.0930434756953%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg

Nutrients (% of daily need)

Calories: 11.13kcal (0.56%), Fat: 0.08g (0.13%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 2.85g (0.95%), Net Carbohydrates: 2.29g (0.83%), Sugar: 1.65g (1.83%), Cholesterol: 0mg (0%), Sodium: 1430.58mg (62.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.38%), Manganese: 0.22mg (11.21%), Fiber: 0.55g (2.22%), Vitamin K: 2.06µg (1.97%), Iron: 0.29mg (1.64%), Copper: 0.03mg (1.62%), Calcium: 14.14mg (1.41%)