



Orange Turkey Brine



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



145 min.

SERVINGS



12

CALORIES



57 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 1 tablespoon thyme leaves dried
- ☐ 3 cloves garlic
- ☐ 1 tablespoon ground pepper black
- ☐ 1 cup kosher salt
- ☐ 1 optional: lemon sliced
- ☐ 1 lime sliced
- ☐ 1 cranberry-orange relish sliced

- ☐ 12 fluid ounce orange juice concentrate frozen thawed canned
- ☐ 1.5 gallons water

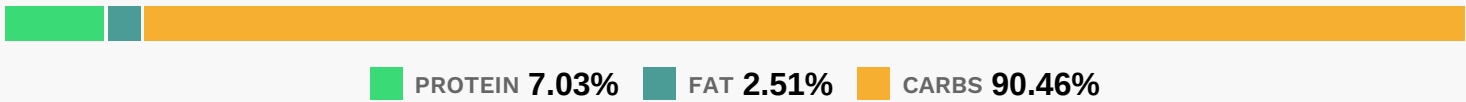
Equipment

- ☐ pot

Directions

- ☐ Combine the orange juice concentrate, orange slices, lemon slices, lime slices, thyme, pepper, garlic, bay leaves, salt, and water in a large stockpot; bring to a boil.
- ☐ Remove from heat and allow to cool to room temperature.
- ☐ Wash and dry your turkey. Make sure you have removed the innards.
- ☐ Place the turkey, breast down, into the brine. Make sure that the cavity gets filled.
- ☐ Place the bucket in the refrigerator. Allow turkey to marinate 1 to 2 days before cooking.
- ☐ Remove the turkey carefully.
- ☐ Drain and discard the excess brine and pat dry.
- ☐ Cook the turkey as desired reserving the drippings for gravy. Keep in mind that brined turkeys cook 20 to 30 minutes faster.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0.85, Inflammation Score:-6, Nutrition Score:6.4847827139108%

Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 7.89mg, Hesperetin: 7.89mg, Hesperetin: 7.89mg Naringenin: 1.91mg, Naringenin: 1.91mg, Naringenin: 1.91mg, Naringenin: 1.91mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 56.52kcal (2.83%), Fat: 0.17g (0.26%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 12.68g (4.61%), Sugar: 10.14g (11.27%), Cholesterol: 0mg (0%), Sodium: 9457.55mg (411.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Vitamin C: 55.49mg (67.26%), Manganese: 0.15mg (7.41%), Folate: 28.53µg (7.13%), Potassium: 238.27mg (6.81%), Vitamin B1: 0.1mg (6.66%), Vitamin K: 6.7µg (6.38%), Copper: 0.12mg (6.21%), Vitamin B6: 0.11mg (5.3%), Calcium: 49.83mg (4.98%), Fiber: 1.24g (4.94%), Magnesium: 19.27mg (4.82%), Iron: 0.76mg (4.2%), Vitamin B2: 0.06mg (3.66%), Vitamin A: 157.9IU (3.16%), Phosphorus: 24.64mg (2.46%), Vitamin B5: 0.23mg (2.34%), Vitamin B3: 0.4mg (2.01%), Vitamin E: 0.25mg (1.69%), Zinc: 0.17mg (1.16%)