



Out of This World Turkey Brine



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



32 kcal

SIDE DISH

Ingredients

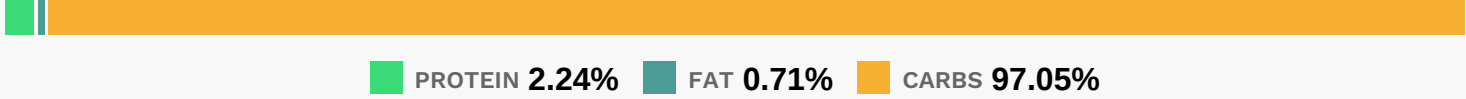
- ☐ 0.3 cup brown sugar
- ☐ 3 tablespoons garlic minced
- ☐ 1 tablespoon ground pepper black
- ☐ 1.5 cups canning salt
- ☐ 2 gallons water
- ☐ 0.3 cup worcestershire sauce

Equipment

Directions

☐ In a large bucket or container large enough to hold your turkey, mix together the water, salt, garlic, pepper, Worcestershire sauce and brown sugar. Store in a refrigerator, and soak turkey for 2 days before smoking or roasting.

Nutrition Facts



Properties

Glycemic Index:5.17, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:1.5165217324443%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 31.87kcal (1.59%), Fat: 0.03g (0.04%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 8.08g (2.69%), Net Carbohydrates: 7.91g (2.88%), Sugar: 6.52g (7.25%), Cholesterol: 0mg (0%), Sodium: 14254.85mg (619.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.37%), Copper: 0.14mg (6.94%), Manganese: 0.14mg (6.88%), Calcium: 44.72mg (4.47%), Iron: 0.55mg (3.06%), Magnesium: 9.32mg (2.33%), Potassium: 71.55mg (2.04%), Vitamin C: 1.37mg (1.66%), Vitamin B6: 0.03mg (1.44%)