

# Roast Brined Turkey

 Gluten Free  Low Fod Map

READY IN



3120 min.

SERVINGS



10

CALORIES



1162 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 5 bay leaves
- 2 teaspoons peppercorns black
- 1 teaspoon cardamom
- 2 cinnamon sticks
- 1 cup ghee
- 2 teaspoons fennel seeds
- 6 sprigs optional: dill fresh
- 6 sprigs parsley fresh

- 2 sprigs rosemary leaves fresh
- 6 sprigs sage fresh
- 6 sprigs tarragon fresh
- 6 sprigs thyme sprigs fresh
- 0.5 tablespoon juniper berries
- 1.3 cups kosher salt
- 2 optional: lemon sliced
- 2 teaspoons mustard seeds
- 4.5 cups sugar
- 2 gallons water
- 14 lb turkey whole rinsed

## Equipment

- sauce pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil
- cheesecloth

## Directions

- In a container large enough to hold the turkey and brine combine all ingredients except the water, turkey and clarified butter. In a saucepan bring water to a boil and add to container, stirring to dissolve salt and sugar.
- Let cool until cold.
- Add turkey to brine so that it is completely submerged, cover, and chill for 48 hours. (A large NEW mop-bucket or Rubbermaid container works great for this.) If turkey is not completely submerged, turn it several times during the 48 hours. Preheat the oven to 300 degrees F.
- Drain the turkey, pat it dry, and truss.

Transfer the turkey to a roasting pan fitted with a rack. Rinse a double thickness of cheesecloth in cold water and squeeze out excess moisture. Dip in clarified butter and arrange over the turkey. Roast the turkey, basting it frequently with any remaining clarified butter and the pan juices, for 3 to 4 hours, or until a meat thermometer inserted in the thigh joint registers 150 degrees F and the juices run clear.

Let rest, covered loosely with foil, for 30 minutes before carving.

## Nutrition Facts

**PROTEIN 33.7%** **FAT 34.03%** **CARBS 32.27%**

### Properties

Glycemic Index: 29.96, Glycemic Load: 63.71, Inflammation Score: -8, Nutrition Score: 39.118695953618%

### Flavonoids

Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 1.31mg, Apigenin: 1.31mg, Apigenin: 1.31mg, Apigenin: 1.31mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

### Nutrients (% of daily need)

Calories: 1162.3kcal (58.11%), Fat: 44.26g (68.09%), Saturated Fat: 17.8g (111.26%), Carbohydrates: 94.42g (31.47%), Net Carbohydrates: 92.7g (33.71%), Sugar: 90.7g (100.77%), Cholesterol: 370.71mg (123.57%), Sodium: 14693.14mg (638.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 98.59g (197.18%), Vitamin B3: 34.63mg (173.16%), Selenium: 98.07µg (140.1%), Vitamin B6: 2.76mg (137.95%), Vitamin B12: 5.5µg (91.68%), Phosphorus: 842.64mg (84.26%), Copper: 1.27mg (63.37%), Zinc: 8.32mg (55.47%), Vitamin B2: 0.88mg (51.83%), Vitamin B5: 3.72mg (37.23%), Magnesium: 134.51mg (33.63%), Potassium: 1118.17mg (31.95%), Manganese: 0.57mg (28.44%), Iron: 5.06mg (28.12%), Vitamin C: 14.13mg (17.13%), Vitamin B1: 0.24mg (15.84%), Calcium: 124.89mg (12.49%), Vitamin K: 11.53µg (10.98%), Folate: 39.86µg (9.97%), Vitamin D: 1.35µg (9.02%), Vitamin A: 407.23IU (8.14%), Fiber: 1.72g (6.86%), Vitamin E: 0.5mg (3.32%)