



Savory Chicken Brine



Gluten Free



Dairy Free



Low Fod Map

READY IN



300 min.

SERVINGS



6

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon celery seed dried
- ☐ 1 tablespoon sage dried
- ☐ 0.5 tablespoon thyme leaves dried
- ☐ 0.8 cup kosher salt
- ☐ 2 tablespoons lawry's seasoned salt
- ☐ 0.8 cup kikkoman soy sauce
- ☐ 0.8 cup sugar
- ☐ 1 gallon water cold

☐ 5 pound meat from a rotisserie chicken whole

Equipment

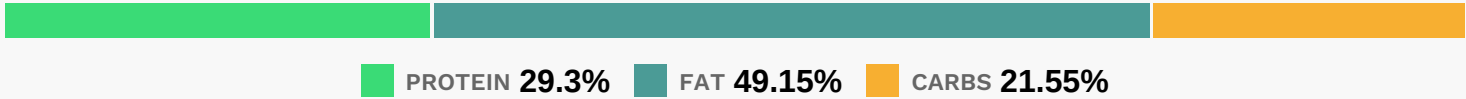
☐ oven

☐ pot

Directions

- ☐ Remove giblets from chicken cavity, rinse chicken inside and out.
- ☐ In a large stock pot or container, mix water, sage, celery seed, thyme, salt, sugar and soy sauce to create brine. Stir well until the sugar and salt are dissolved.
- ☐ Place the chicken in the brine, cover and refrigerate for at least 4 hours or overnight.
- ☐ Remove chicken from the brine and rinse well inside and out.
- ☐ Sprinkle with 2 tablespoons of seasoned salt.
- ☐ Bake the chicken at 400 degrees F for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:14.18, Glycemic Load:17.66, Inflammation Score:-6, Nutrition Score:15.45478267255%

Nutrients (% of daily need)

Calories: 506.77kcal (25.34%), Fat: 27.51g (42.32%), Saturated Fat: 7.86g (49.11%), Carbohydrates: 27.14g (9.05%), Net Carbohydrates: 26.56g (9.66%), Sugar: 25.57g (28.42%), Cholesterol: 136.08mg (45.36%), Sodium: 18255.89mg (793.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.9g (73.8%), Vitamin B3: 13.54mg (67.68%), Selenium: 26.63µg (38.04%), Vitamin B6: 0.71mg (35.27%), Phosphorus: 306.73mg (30.67%), Zinc: 2.66mg (17.7%), Vitamin B5: 1.76mg (17.6%), Iron: 3.01mg (16.71%), Vitamin B2: 0.27mg (15.92%), Vitamin K: 16.1µg (15.33%), Magnesium: 57.43mg (14.36%), Manganese: 0.26mg (12.97%), Copper: 0.25mg (12.45%), Potassium: 429.2mg (12.26%), Vitamin B12: 0.56µg (9.37%), Vitamin B1: 0.13mg (8.78%), Calcium: 68.9mg (6.89%), Vitamin A: 292.89IU (5.86%), Folate: 18.29µg (4.57%), Vitamin C: 3.47mg (4.2%), Vitamin E: 0.61mg (4.08%), Vitamin D: 0.36µg (2.42%), Fiber: 0.58g (2.33%)