



Savory Turkey Brine

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons celery seed dried
- 2 tablespoons sage dried
- 1 tablespoon thyme leaves dried
- 0.5 cup kosher salt
- 10 ounces kikkoman naturally soy sauce brewed
- 2 gallons water cold
- 0.5 cup sugar white

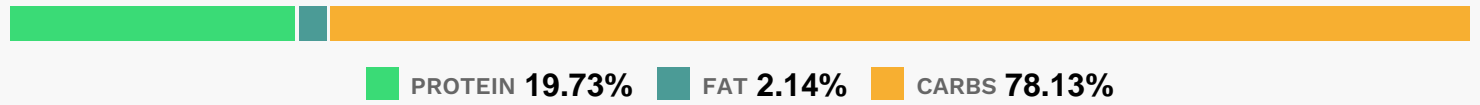
Equipment

pot

Directions

- The night before roasting, remove giblets and turkey neck; rinse turkey inside and out. In a large stock pot or 5 gallon bucket mix water with remaining ingredients. Stir well until all the salt is dissolved.
- Place turkey in the pot cover with a lid and refrigerate overnight or at least 8 hours.
- Remove turkey from the brine, rinsing well. Follow your regular cooking instructions.

Nutrition Facts



Properties

Glycemic Index:3.55, Glycemic Load:2.99, Inflammation Score:-2, Nutrition Score:1.4973912886951%

Nutrients (% of daily need)

Calories: 24.65kcal (1.23%), Fat: 0.06g (0.1%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 4.85g (1.76%), Sugar: 4.42g (4.92%), Cholesterol: 0mg (0%), Sodium: 3035.93mg (132%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.59%), Vitamin K: 6.69µg (6.37%), Manganese: 0.08mg (4.18%), Copper: 0.07mg (3.61%), Iron: 0.57mg (3.16%), Vitamin B3: 0.49mg (2.46%), Magnesium: 9.35mg (2.34%), Calcium: 20.21mg (2.02%), Phosphorus: 16.51mg (1.65%), Vitamin B6: 0.03mg (1.49%), Vitamin B2: 0.02mg (1.22%), Fiber: 0.27g (1.08%), Potassium: 36.07mg (1.03%)