



Seafood Brine



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



139 kcal

SIDE DISH

Ingredients



0.3 cup kosher salt



0.3 cup brown sugar light



1 quart water cold

Equipment



bowl

Directions

Combine all ingredients in a large, non-reactive bowl, stirring until salt and sugar dissolve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.0291304400434%

Nutrients (% of daily need)

Calories: 139.33kcal (6.97%), Fat: Og (0%), Saturated Fat: Og (0%), Carbohydrates: 35.97g (11.99%), Net Carbohydrates: 35.97g (13.08%), Sugar: 35.57g (39.52%), Cholesterol: Omg (0%), Sodium: 18896.15mg (821.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.09%), Calcium: 56.31mg (5.63%), Copper: 0.11mg (5.38%), Manganese: 0.07mg (3.61%), Iron: 0.42mg (2.34%), Magnesium: 8.52mg (2.13%), Potassium: 52.66mg (1.5%)