



Simple Chicken Brine



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



70 min.

SERVINGS



8

CALORIES



137 kcal

SIDE DISH

Ingredients

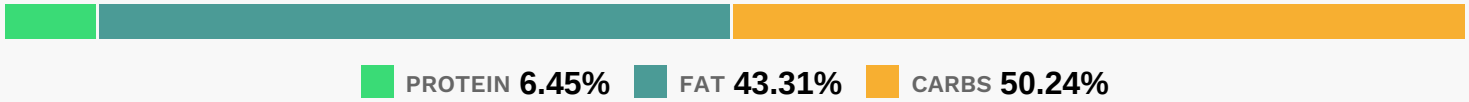
- ☐ 0.8 cup kosher salt
- ☐ 0.3 cup olive oil
- ☐ 0.8 cup soya sauce
- ☐ 0.7 cup sugar
- ☐ 1 gallon warm water

Equipment

Directions

- ☐ Pour the warm water into a container that is twice the volume of the water.
- ☐ Pour in the salt, sugar, soy sauce, and olive oil. Stir until the sugar and salt have dissolved, then allow the brine to cool to room temperature.
- ☐ To use, place chicken in the brine, cover, and refrigerate two hours for skinless breasts, 4 hours for bone-in pieces, and 4 hours to overnight for whole chickens.
- ☐ Drain and pat the chicken dry before cooking. One gallon of brine is enough for 6 pounds of whole chicken or bone-in chicken pieces, and up to 10 pounds of skinless, boneless chicken breasts.

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:11.79, Inflammation Score:-1, Nutrition Score:2.183913046899%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 136.89kcal (6.84%), Fat: 6.83g (10.5%), Saturated Fat: 0.93g (5.84%), Carbohydrates: 17.81g (5.94%), Net Carbohydrates: 17.64g (6.41%), Sugar: 17g (18.89%), Cholesterol: 0mg (0%), Sodium: 11848.92mg (515.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.57%), Manganese: 0.14mg (6.83%), Vitamin E: 0.97mg (6.48%), Copper: 0.11mg (5.72%), Vitamin B3: 0.86mg (4.3%), Vitamin K: 4.06µg (3.87%), Iron: 0.65mg (3.63%), Magnesium: 13.71mg (3.43%), Phosphorus: 28.27mg (2.83%), Calcium: 25.35mg (2.53%), Vitamin B6: 0.04mg (2.17%), Vitamin B2: 0.04mg (2.13%), Potassium: 48.7mg (1.39%), Zinc: 0.17mg (1.13%)