



Smoked Turkey Breast



Gluten Free



Dairy Free

READY IN



605 min.

SERVINGS



10

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 64 oz apple cider
- ☐ 0.3 cup apple cider vinegar
- ☐ 10 sage fresh
- ☐ 1 garlic cut in half crosswise
- ☐ 4 cups ice cubes
- ☐ 0.8 cup kosher salt (such as Diamond Crystal)
- ☐ 2 sprigs rosemary leaves fresh (4-inch)
- ☐ 0.5 cup sugar

- ☐ 3 sprigs thyme sprigs fresh (4-inch)
- ☐ 5.8 lb turkey breast bone-in
- ☐ 4 hickory wood chunks

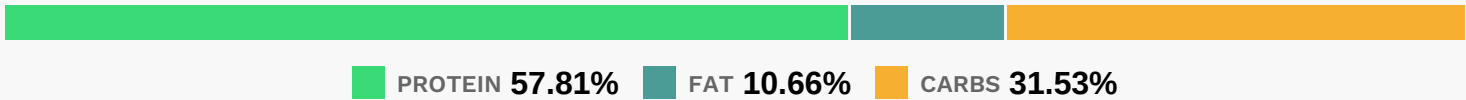
Equipment

- ☐ paper towels
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Bring cider and next 7 ingredients to a boil in a large stockpot or 8-qt. Dutch oven over medium-high heat; reduce heat to medium, and simmer, stirring occasionally, 5 minutes.
- ☐ Remove from heat. Stir in ice. Cool completely (1 hour).
- ☐ Place turkey in brine; cover and chill 5 to 12 hours.
- ☐ Prepare smoker according to manufacturer's directions, bringing internal temperature to 225 to 250; maintain temperature 15 to 20 minutes.
- ☐ Place wood chunks on coals.
- ☐ Remove turkey from brine, and pat dry with paper towels. Smoke turkey, maintaining temperature inside smoker between 225 and 250, for 3 1/2 to 4 hours or until a meat thermometer inserted into thickest portion registers 16
- ☐ Remove turkey, cover loosely with aluminum foil, and let stand 10 to 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:22.58, Glycemic Load:15.25, Inflammation Score:-6, Nutrition Score:23.913478079049%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg Epicatechin: 8.55mg, Epicatechin: 8.55mg, Epicatechin: 8.55mg, Epicatechin: 8.55mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 388.01kcal (19.4%), Fat: 4.62g (7.11%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 30.77g (10.26%), Net Carbohydrates: 30.36g (11.04%), Sugar: 27.59g (30.66%), Cholesterol: 140.84mg (46.95%), Sodium: 9037.76mg (392.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.43g (112.86%), Vitamin B3: 26.03mg (130.13%), Vitamin B6: 2.06mg (102.94%), Selenium: 59.52µg (85.02%), Phosphorus: 629.95mg (62.99%), Vitamin B12: 1.64µg (27.39%), Vitamin B2: 0.41mg (24.33%), Potassium: 824.08mg (23.55%), Zinc: 3.47mg (23.16%), Vitamin B5: 2.11mg (21.13%), Magnesium: 76.55mg (19.14%), Copper: 0.31mg (15.34%), Manganese: 0.2mg (10.25%), Iron: 1.78mg (9.89%), Vitamin B1: 0.13mg (8.34%), Calcium: 62.25mg (6.22%), Folate: 18.42µg (4.61%), Vitamin C: 2.22mg (2.69%), Vitamin D: 0.26µg (1.74%), Fiber: 0.42g (1.67%), Vitamin A: 68.84IU (1.38%), Vitamin E: 0.17mg (1.17%)