



Terrific Turkey Brine

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



10

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons rosemary dried
- 2 cranberry-orange relish quartered
- 1.5 cups salt
- 1 gallon distilled water
- 750 milliliter white wine

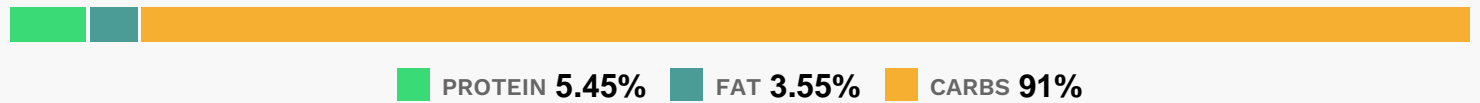
Equipment

- pot

Directions

- Line a large stockpot with a large food safe bag.
- Pour the water, wine, and salt into the bag; stir until the salt is completely dissolved. Squeeze the orange quarters into the liquid and then drop them into the pot.
- Add the rosemary and give a final stir.
- To use, carefully lower a thawed turkey into the brine and tie the bag to seal; store in refrigerator at least 5 hours before cooking.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:1.4, Inflammation Score:-4, Nutrition Score:2.7178260982037%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Hesperetin: 7.44mg, Hesperetin: 7.44mg, Hesperetin: 7.44mg, Hesperetin: 7.44mg Naringenin: 4.3mg, Naringenin: 4.3mg, Naringenin: 4.3mg, Naringenin: 4.3mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 76.02kcal (3.8%), Fat: 0.09g (0.14%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 5.33g (1.78%), Net Carbohydrates: 4.53g (1.65%), Sugar: 3.18g (3.53%), Cholesterol: 0mg (0%), Sodium: 16998.94mg (739.08%), Alcohol: 7.84g (100%), Alcohol %: 1.89% (100%), Protein: 0.32g (0.64%), Vitamin C: 14.18mg (17.19%), Manganese: 0.15mg (7.34%), Copper: 0.09mg (4.54%), Calcium: 44.32mg (4.43%), Magnesium: 15.33mg (3.83%), Fiber: 0.8g (3.2%), Potassium: 108.76mg (3.11%), Vitamin B6: 0.06mg (3.04%), Iron: 0.49mg (2.74%), Folate: 9.85µg (2.46%), Vitamin B1: 0.03mg (1.91%), Phosphorus: 17.64mg (1.76%), Vitamin A: 71.46IU (1.43%), Vitamin B2: 0.02mg (1.39%), Zinc: 0.2mg (1.36%)