



Thanksgiving Turkey Brine



Gluten Free



Dairy Free

READY IN



1020 min.

SERVINGS



20

CALORIES



476 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 quarts chicken broth
- ☐ 1 tablespoon coriander seeds
- ☐ 2 tablespoons basil dried
- ☐ 2 tablespoons marjoram dried
- ☐ 2 tablespoons onion dried minced
- ☐ 2 tablespoons rosemary dried
- ☐ 2 tablespoons savory dried
- ☐ 2 tablespoons tarragon dried

- ☐ 2 tablespoons thyme leaves dried
- ☐ 2 tablespoons garlic minced
- ☐ 1 tablespoon ground pepper black
- ☐ 2 gallons ice cubes divided as needed
- ☐ 1.5 cups kosher salt
- ☐ 1 tablespoon oregano dried
- ☐ 1 gallon water
- ☐ 20 pound turkey whole

Equipment

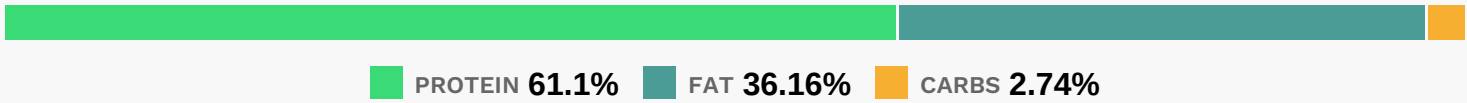
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Mix water, chicken broth, and salt together in a 5-gallon bucket with lid until salt dissolves.
- ☐ Add garlic, rosemary, onion, basil, savory, marjoram, thyme, tarragon, oregano, pepper, and coriander and mix well. Stir 2 cups ice into brine.
- ☐ Place turkey into brine, filling cavity with brine.
- ☐ Add enough ice to bucket to cover turkey. Secure lid on bucket. Swish bucket from side-to-side to chill water. Refrigerate turkey and bucket, refilling with ice every 2 hours as needed, 12 to 24 hours.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Remove turkey from brine and pat dry. Discard brine.
- ☐ Place turkey on a rack inside a roasting pan.
- ☐ Bake turkey in the preheated oven, basting every 30 to 40 minutes, until no longer pink at the bone and the juices run clear, 5 to 6 1/2 hours. An instant-read thermometer inserted into the thickest part of the thigh should read 165 degrees F (74 degrees C).

Remove the turkey from the oven, cover with a doubled sheet of aluminum foil, and allow to rest 5 to 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:10.35, Glycemic Load:0.35, Inflammation Score:-8, Nutrition Score:31.1899999948377%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 476.39kcal (23.82%), Fat: 18.79g (28.9%), Saturated Fat: 4.8g (29.98%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.24g (0.82%), Sugar: 1.24g (1.37%), Cholesterol: 235.66mg (78.55%), Sodium: 9580.99mg (416.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 71.42g (142.84%), Vitamin B3: 25.14mg (125.71%), Selenium: 69.69µg (99.56%), Vitamin B6: 1.98mg (99.22%), Vitamin B12: 3.97µg (66.11%), Phosphorus: 606.65mg (60.67%), Vitamin B2: 0.73mg (42.86%), Zinc: 6.09mg (40.58%), Vitamin B5: 2.65mg (26.5%), Iron: 4.54mg (25.21%), Magnesium: 99.01mg (24.75%), Potassium: 820.81mg (23.45%), Copper: 0.41mg (20.4%), Manganese: 0.38mg (18.83%), Vitamin K: 17.04µg (16.23%), Vitamin B1: 0.21mg (13.75%), Calcium: 110.41mg (11.04%), Folate: 29.46µg (7.36%), Vitamin D: 0.97µg (6.44%), Vitamin A: 270.42IU (5.41%), Fiber: 0.96g (3.83%), Vitamin E: 0.49mg (3.28%), Vitamin C: 1.56mg (1.89%)