




# Turkey Brining Is a Thanksgiving Tradition for Many Home Cooks—Here's How to Do It


 **Gluten Free**  **Dairy Free**

READY IN




**45 min.**

SERVINGS



**54**

CALORIES



**156 kcal**

**ANTIPASTI** **STARTER** **SNACK** **APPETIZER**

## Ingredients

- 28 cups water
- 1.5 cups kosher salt
- 6 bay leaves
- 2 tablespoons coriander seeds whole
- 1 tablespoon juniper berries dried
- 2 tablespoons peppercorns whole black
- 1 tablespoon fennel seeds

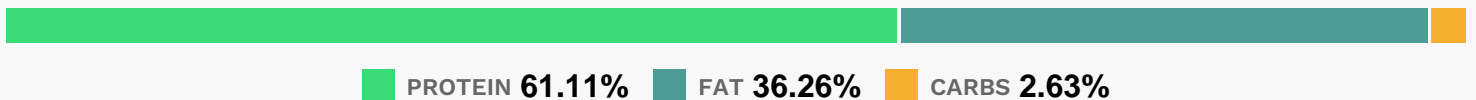
- 1 teaspoon brown mustard seeds black
- 18 pounds turkey fresh whole dry for stock, liver reserved for stuffing
- 1 bottle mirin dry
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- 2 medium onion thinly sliced
- 6 garlic clove crushed
- 1 bunch thyme sprigs fresh

## Equipment

## Directions

- Classic Brined and Roasted Turkey
- Easy Roasted Dry Brined Turkey
- Roasted Heritage Turkey with Aromatic Brine
- Spiced Buttermilk-Brined Turkey
- Turkey Brine with Brown Sugar
- Cider-Brined Turkey

## Nutrition Facts



## Properties

Glycemic Index:2.48, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:9.9326086956522%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

## Nutrients (% of daily need)

Calories: 156.31kcal (7.82%), Fat: 6.17g (9.49%), Saturated Fat: 1.58g (9.87%), Carbohydrates: 1.01g (0.34%), Net Carbohydrates: 0.7g (0.26%), Sugar: 0.24g (0.27%), Cholesterol: 77.29mg (25.76%), Sodium: 3270.54mg (142.2%), Protein: 23.39g (46.78%), Vitamin B3: 8.22mg (41.08%), Selenium: 23.01µg (32.87%), Vitamin B6: 0.65mg (32.71%), Vitamin B12: 1.31µg (21.83%), Phosphorus: 200.13mg (20.01%), Zinc: 1.96mg (13.07%), Vitamin B2: 0.2mg (11.89%), Vitamin B5: 0.88mg (8.83%), Magnesium: 30.45mg (7.61%), Potassium: 258.07mg (7.37%), Iron: 1.07mg (5.94%), Copper: 0.12mg (5.78%), Manganese: 0.09mg (4.6%), Vitamin B1: 0.06mg (3.69%), Calcium: 23.66mg (2.37%), Vitamin D: 0.32µg (2.15%), Folate: 8.42µg (2.1%), Vitamin A: 66.61IU (1.33%), Fiber: 0.31g (1.22%)