

Cider-Brined Turkey Tenders



Food Category: Entrée

Protein: Turkey

Portion Size: 4 oz

Number of Servings: 152

Calories per Serving: 140

Diet Selections: Wellness; Renal; Mild; Low Fiber; No Fish; No Red Meat; Low Lactose; No Nuts

Ingredients:

1/2 gallons water

1 gallon cider vinegar

1/2 cup brown sugar, packed

1/4 cup kosher salt

10 sprigs fresh thyme

2 teaspoons black pepper

8 dried bay leaves

70 lb turkey tenders

Instructions:

1. Place turkey tenderloins on a sheet pan and allow them to dry, discard brining liquid.
2. Turn the grill on medium and allow the grill to heat up for 8 to 10 minutes.
3. Clean grill and use pan spray on the grill before grilling.
4. Place turkey tenderloins on the grill and cook the turkey for 3 minutes per side and place on a clean sheet pan.
5. When all of the turkey has been grilled, finish the turkey in a 350 degree oven for 5-7 minutes or until the internal temperature reaches 165 degrees F and chill completely before packaging.

Cider Brined Turkey Tenders:

Nutrition Facts	
servings per container	
Serving size	(113g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 140mg	6%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1mg	6%
Potassium 240mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	