



## Thanksgiving in a Cone

READY IN



25 min.

SERVINGS



6

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 0.7 cup flour all-purpose
- ☐ 6 servings gravy leftover
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 6 servings pistachios chopped
- ☐ 6 servings potatoes leftover mashed

- ☐ 1 pinch salt
- ☐ 6 servings pepperidge farm sage and onion stuffing stuffing leftover
- ☐ 0.5 cup sugar
- ☐ 6 servings turkey leftover
- ☐ 2 tablespoons butter unsalted melted
- ☐ 6 servings cranberry sauce

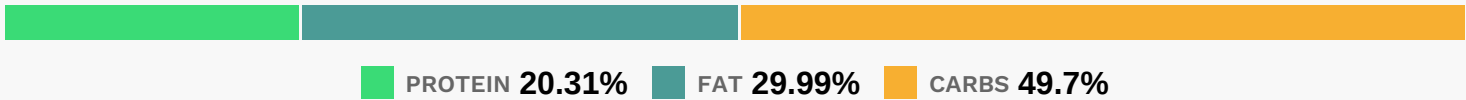
## Equipment

- ☐ bowl
- ☐ whisk

## Directions

- ☐ Whisk the egg and egg white together in a large bowl.
- ☐ Whisk in the sugar until it is well blended.
- ☐ Whisk together the flour, cinnamon, nutmeg, ginger, and salt, then whisk the dry ingredients into the wet ingredients, being careful to whisk out any lumps. Stir in the melted butter. Prepare the cones according to the manufacturer's directions on your waffle cone maker. (Waffle cones can also be found at most supermarkets.)
- ☐ Fill the bottom of the cone with some stuffing. Stick pieces of turkey into the stuffing around the inside of the cone.
- ☐ Place a small scoop of mashed potatoes on top. Cover with gravy and some cranberry sauce.
- ☐ Sprinkle the pistachios over the top.

## Nutrition Facts



## Properties

Glycemic Index:53.64, Glycemic Load:39.37, Inflammation Score:-5, Nutrition Score:26.953913077064%

## Flavonoids

Cyanidin: 2.12mg, Cyanidin: 2.12mg, Cyanidin: 2.12mg, Cyanidin: 2.12mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 711.09kcal (35.55%), Fat: 24.15g (37.15%), Saturated Fat: 6.16g (38.51%), Carbohydrates: 90.04g (30.01%), Net Carbohydrates: 82.57g (30.02%), Sugar: 42.39g (47.1%), Cholesterol: 133.76mg (44.59%), Sodium: 138.13mg (6.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.79g (73.59%), Vitamin B6: 1.47mg (73.7%), Vitamin B3: 11.01mg (55.06%), Selenium: 37.08µg (52.98%), Phosphorus: 449.34mg (44.93%), Manganese: 0.78mg (38.94%), Vitamin C: 31.83mg (38.58%), Vitamin B1: 0.53mg (35.13%), Potassium: 1180.88mg (33.74%), Copper: 0.65mg (32.75%), Fiber: 7.48g (29.9%), Vitamin B2: 0.48mg (28.43%), Magnesium: 100.58mg (25.15%), Iron: 4.33mg (24.05%), Zinc: 3.4mg (22.69%), Folate: 76.8µg (19.2%), Vitamin B5: 1.6mg (16.01%), Vitamin B12: 0.95µg (15.9%), Vitamin E: 1.59mg (10.61%), Calcium: 72.06mg (7.21%), Vitamin A: 347.1IU (6.94%), Vitamin K: 4.41µg (4.2%), Vitamin D: 0.58µg (3.84%)