



Thanksgiving Leftovers Eggs Benedict

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



1077 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 cups bread leftover
- 0.5 cup breadcrumbs
- 10 eggs
- 1 cup gravy leftover
- 2 tablespoons pepperoncini pepper juice
- 1 pound deli- turkey leftover warmed sliced
- 0.3 cup vegetable oil
- 1 cup roasted cranberry sauce leftover

4 servings frangelico leftover

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Equipment

bowl

frying pan

paper towels

Directions

In a medium bowl, mix together bread stuffing and 2 eggs until well combined. Using your hands gently press into 8 cakes about 3 inches wide and 1/2-inch thick.

Place breadcrumbs in a medium bowl. Dredge each cake and transfer to a plate.

Heat 1/4 cup vegetable oil over medium-high heat until shimmering.

Place 4 stuffing cakes in oil and cook until deep golden brown, 2 to 3 minutes. Turn and cook second side until golden brown, about 2 minutes longer.

Transfer to a paper towel-lined plate and repeat with remaining 4 cakes.

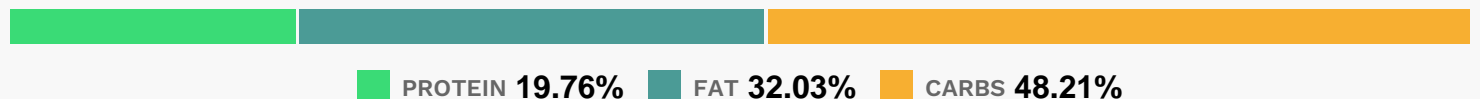
Heat a large skillet filled with water over medium high heat.

Add lemon juice. When it begins to simmer add eggs and poach until whites are set but yolk are runny, about 4 minutes.

Place two cakes on each plate. Divide turkey evenly between cakes, followed by poached egg, a drizzle of gravy, and a dollop of cranberry sauce.

Serve with warmed leftover side dishes.

Nutrition Facts



Properties

Glycemic Index:24.85, Glycemic Load:45.62, Inflammation Score:-7, Nutrition Score:42.464348020761%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg 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: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg 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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 1076.99kcal (53.85%), Fat: 38.23g (58.81%), Saturated Fat: 8.45g (52.84%), Carbohydrates: 129.41g (43.14%), Net Carbohydrates: 120.92g (43.97%), Sugar: 36.42g (40.47%), Cholesterol: 469.49mg (156.5%), Sodium: 2386.65mg (103.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.07g (106.13%), Selenium: 103.3µg (147.58%), Manganese: 2.33mg (116.61%), Vitamin B3: 19.08mg (95.4%), Phosphorus: 754.66mg (75.47%), Vitamin B2: 1.18mg (69.69%), Vitamin B1: 0.96mg (63.93%), Folate: 222.21µg (55.55%), Iron: 9.74mg (54.11%), Vitamin B6: 0.88mg (43.82%), Vitamin B5: 3.56mg (35.62%), Vitamin K: 35.95µg (34.24%), Fiber: 8.49g (33.96%), Calcium: 326.68mg (32.67%), Zinc: 4.55mg (30.32%), Magnesium: 115.08mg (28.77%), Potassium: 876.33mg (25.04%), Vitamin B12: 1.45µg (24.1%), Vitamin E: 3.42mg (22.78%), Copper: 0.42mg (21.13%), Vitamin D: 2.43µg (16.18%), Vitamin A: 627.02IU (12.54%), Vitamin C: 1.12mg (1.36%)