

Gobble-Up Strata

Bonnie Hawkins - Elkhorn, WI

Servings: 6

3 cups leftover cooked stuffing
2 cups leftover cooked turkey, cubed
4 green onions, thinly sliced
1 medium sweet red pepper, finely chopped
6 eggs
1 1/2 cups 2% milk
1/4 cup mayonnaise

Preparation Time: 15 minutes

Bake: 1 hour 5 minutes

Preheat the oven to 350 degrees.

In a greased eight-inch-square baking dish, layer the stuffing, turkey, green onions and pepper.

In a large bowl, whisk the eggs, milk and mayonnaise until blended. Pour over the layers.

Bake, uncovered, for 65 to 75 minutes or until a knife inserted near the center comes out clean.

Let stand 10 minutes before serving.

Per Serving (excluding unknown items): 179 Calories; 14g Fat (69.0% calories from fat); 9g Protein; 5g Carbohydrate; 1g Dietary Fiber; 220mg Cholesterol; 155mg Sodium. Exchanges: 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.

Breakfast, Leftovers

Per Serving Nutritional Analysis

Calories (kcal):	179
% Calories from Fat:	69.0%
% Calories from Carbohydrates:	11.7%
% Calories from Protein:	19.3%
Total Fat (g):	14g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	220mg
Carbohydrate (g):	5g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.9mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	39mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Dietary Fiber (g): 1g
Protein (g): 9g
Sodium (mg): 155mg
Potassium (mg): 227mg
Calcium (mg): 111mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 40mg
Vitamin A (i.u.): 1564IU
Vitamin A (r.e.): 227RE

Grain (Starch): 0
Lean Meat: 1
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 179 Calories from Fat: 123

% Daily Values*

Total Fat	14g	22%
	Saturated Fat 3g	17%
Cholesterol	220mg	73%
Sodium	155mg	6%
Total Carbohydrates	5g	2%
	Dietary Fiber 1g	3%
Protein	9g	

Vitamin A	31%
Vitamin C	67%
Calcium	11%
Iron	7%

** Percent Daily Values are based on a 2000 calorie diet.*