

Turkey & Stuffing Eggs Benedict

*Brittany Allyn - Nashville, TN
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Servings: 4

*3 cups leftover stuffing
4 egg yolks
1 tablespoon lemon juice
1/2 cup butter, melted
1 tablespoon fresh parsley, minced
dash salt
dash ground nutmeg
1 tablespoon olive oil
4 eggs
3/4 pound sliced leftover cooked turkey, warmed*

Preparation Time: 20 minutes

Cook Time: 25 minutes

Shape the stuffing into four one-half-inch-thick patties. Set aside.

In the top of a double-boiler or a metal bowl over simmering water, whisk the egg yolks and lemon juice until blended. Cook until the mixture is just thick enough to coat a metal spoon and the temperature reaches 160 degrees, whisking constantly.

Reduce the heat to very low. Very slowly drizzle in the warm melted butter, whisking constantly. Whisk in the parsley, salt and nutmeg. Transfer to a small bowl. Place the bowl in a larger bowl of warm water. Keep warm, stirring occasionally, until ready to serve, up to 30 minutes.

In a large nonstick skillet, heat the oil over medium heat. Cook the stuffing patties for 3 to 4 minutes on each side or until a thermometer reads 165 degrees. Keep warm.

Meanwhile, place two to three inches of water in a large saucepan or skillet with high sides. Bring to a boil. Adjust the heat to maintain a gentle simmer. Break cold eggs, one at a time, into a small bowl; Holding the bowl close to the water, slip the egg into the water.

Cook, uncovered, for 3 to 5 minutes or until the whites are set and the yolks begin to thicken but are not hard. Using a slotted spoon, lift the eggs out of the water.

Place the turkey and eggs on patties. Top with hollandaise sauce.

Serve for brunch with champagne and cranberry juice.

Per Serving (excluding unknown items): 368 Calories; 36g Fat (88.7% calories from fat); 9g Protein; 1g Carbohydrate; trace Dietary Fiber; 487mg Cholesterol; 312mg Sodium. Exchanges: 1 Lean Meat; 0 Vegetable; 0 Fruit; 6 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	368	Vitamin B6 (mg):	.1mg
% Calories from Fat:	88.7%	Vitamin B12 (mcg):	1.2mcg
% Calories from Carbohydrates:	1.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	10.1%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	36g	Folacin (mcg):	51mcg
Saturated Fat (g):	18g	Niacin (mg):	trace
Monounsaturated Fat (g):	13g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	487mg	% Refused:	0.0%
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	9g	Lean Meat:	1
Sodium (mg):	312mg	Vegetable:	0
Potassium (mg):	100mg	Fruit:	0
Calcium (mg):	57mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	6 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	3mg		
Vitamin A (i.u.):	1483IU		
Vitamin A (r.e.):	386 1/2RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 368 **Calories from Fat:** 326

% Daily Values*

Total Fat 36g	56%
Saturated Fat 18g	90%
Cholesterol 487mg	162%
Sodium 312mg	13%
Total Carbohydrates 1g	0%
Dietary Fiber trace	0%
Protein 9g	
Vitamin A	30%
Vitamin C	5%
Calcium	6%
Iron	9%

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