

Thanksgiving Breakfast Cups

Yield: 6 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-thanksgiving-sangria-recipe>

Ingredients:

- 2 ounces turkey diced
- 3 large eggs
- 1 tablespoon nonfat milk
- 1 1/2 cups potato leftover, white or sweet, mashed or roasted
- pepper to taste
- cooking spray calorie

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 110 milligrams
4. Fat: 3.5 grams
5. Fiber: 1 grams
6. Protein: 6 grams
7. SaturatedFat: 1 grams
8. Sodium: 45 milligrams
9. Sugar: 1 grams

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