



# Apple Cinnamon Popovers with Brown Sugar Butter

 Vegetarian

READY IN



70 min.

SERVINGS



10

CALORIES



289 kcal

SIDE DISH

## Ingredients

- 6 eggs
- 2 cups milk
- 2 tablespoons butter melted
- 1 teaspoon vanilla
- 2 cups flour all-purpose
- 1 tablespoon granulated sugar
- 1.5 teaspoons ground cinnamon

- 0.5 teaspoon salt
- 2 cups apples peeled finely chopped
- 0.5 cup butter softened
- 2 tablespoons brown sugar packed
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg

## Equipment

- bowl
- frying pan
- baking sheet
- oven

## Directions

- Heat oven to 375°F. Generously grease 10 (4-oz) heatproof pottery custard cups, 10 to 12 regular-size muffin or popover-pan cups with butter. If using custard cups, arrange on cookie sheet.
- Heat cups in oven just prior to adding batter.
- In large bowl, stir together all Popover ingredients except apples just until smooth. Stir in apples.
- Pour batter into hot cups, filling almost to top.
- Bake 50 minutes. Do not open oven door during baking.
- After 50 minutes, remove popovers from oven; cut several slits in top of each.
- Bake 5 to 10 minutes longer.
- Meanwhile, in small bowl, mix Brown Sugar Butter ingredients until well combined.
- Immediately remove popovers from cups.
- Serve warm with Brown Sugar Butter.

## Nutrition Facts



■ PROTEIN 10.66% ■ FAT 49.32% ■ CARBS 40.02%

## Properties

Glycemic Index:39.51, Glycemic Load:16.44, Inflammation Score:-5, Nutrition Score:8.6656522647194%

## Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

## Nutrients (% of daily need)

Calories: 288.63kcal (14.43%), Fat: 15.86g (24.4%), Saturated Fat: 9.07g (56.67%), Carbohydrates: 28.95g (9.65%), Net Carbohydrates: 27.45g (9.98%), Sugar: 8.72g (9.69%), Cholesterol: 134.49mg (44.83%), Sodium: 264.81mg (11.51%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 7.72g (15.43%), Selenium: 17.7µg (25.28%), Vitamin B2: 0.32mg (19.04%), Vitamin B1: 0.24mg (15.96%), Folate: 59.42µg (14.85%), Phosphorus: 135.19mg (13.52%), Manganese: 0.26mg (13.14%), Vitamin A: 589.96IU (11.8%), Iron: 1.71mg (9.49%), Calcium: 89.67mg (8.97%), Vitamin B12: 0.52µg (8.71%), Vitamin B3: 1.59mg (7.93%), Vitamin B5: 0.73mg (7.32%), Vitamin D: 1.06µg (7.1%), Fiber: 1.5g (5.99%), Zinc: 0.75mg (4.99%), Potassium: 172.26mg (4.92%), Vitamin B6: 0.1mg (4.91%), Vitamin E: 0.7mg (4.66%), Magnesium: 16.66mg (4.16%), Copper: 0.07mg (3.29%), Vitamin K: 1.97µg (1.87%), Vitamin C: 1.17mg (1.41%)