

# Bacon Popovers

READY IN



35 min.

SERVINGS



12

CALORIES



80 kcal

SIDE DISH

## Ingredients

- 1 tablespoon canola oil
- 3 bacon crumbled cooked
- 2 eggs
- 1 cup flour all-purpose
- 1 cup milk
- 0.3 teaspoon salt

## Equipment

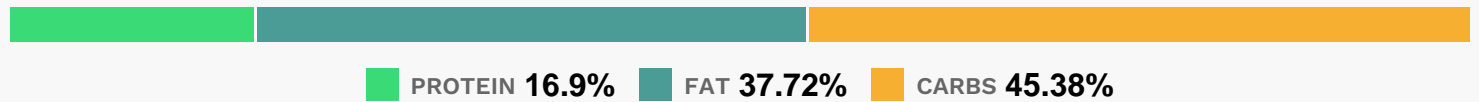
- bowl

- oven
- whisk
- muffin tray

## Directions

- In a large bowl, combine flour and salt.
- Combine the eggs, milk and oil; whisk into the dry ingredients just until blended.
- Using a 12-cup muffin tin, grease and flour five alternating cups. Fill two-thirds full with batter.
- Sprinkle with bacon. Fill empty cups two-thirds full with water.
- Bake at 450° for 15 minutes. Reduce heat to 350° (do not open oven door).
- Bake 15 minutes longer or until deep golden brown (do not underbake).

## Nutrition Facts



## Properties

Glycemic Index:9.42, Glycemic Load:6.11, Inflammation Score:-1, Nutrition Score:3.1473913140919%

## Nutrients (% of daily need)

Calories: 80.28kcal (4.01%), Fat: 3.32g (5.11%), Saturated Fat: 0.95g (5.94%), Carbohydrates: 8.99g (3%), Net Carbohydrates: 8.7g (3.17%), Sugar: 1.03g (1.15%), Cholesterol: 31.7mg (10.57%), Sodium: 100.4mg (4.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.69%), Selenium: 7.18µg (10.26%), Vitamin B1: 0.11mg (7.15%), Vitamin B2: 0.12mg (6.92%), Folate: 22.51µg (5.63%), Phosphorus: 54.07mg (5.41%), Vitamin B3: 0.85mg (4.26%), Manganese: 0.07mg (3.72%), Iron: 0.63mg (3.51%), Vitamin B12: 0.2µg (3.28%), Calcium: 30.93mg (3.09%), Vitamin B5: 0.26mg (2.56%), Vitamin D: 0.38µg (2.52%), Zinc: 0.31mg (2.08%), Vitamin E: 0.31mg (2.04%), Vitamin B6: 0.04mg (2.01%), Potassium: 61.76mg (1.76%), Magnesium: 6.23mg (1.56%), Vitamin A: 73.28IU (1.47%), Copper: 0.02mg (1.13%), Fiber: 0.28g (1.13%)