



Black Pepper-Sage Popovers

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



124 kcal

SIDE DISH

Ingredients

- 2 teaspoons butter melted
- 1 large eggs
- 2 large egg whites
- 0.7 cup flour all-purpose
- 1 tablespoon sage fresh finely chopped
- 0.1 teaspoon coarsely ground pepper black
- 1 cup milk 2% reduced-fat
- 0.3 teaspoon salt

0.3 cup flour whole wheat

Equipment

bowl

oven

knife

whisk

measuring cup

Directions

Combine first 4 ingredients in a medium bowl, stirring with a whisk until blended.

Let stand 30 minutes.

Preheat oven to 37

Weigh or lightly spoon flours into dry measuring cups; level with a knife.

Combine flours, salt, and pepper, stirring with a whisk. Gradually add flour mixture to milk mixture, stirring well with a whisk.

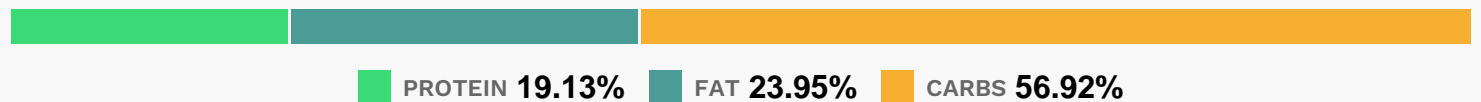
Coat 6 popover cups with cooking spray, and brush melted butter evenly among cups to coat.

Place the popover cups in a 375 oven for 5 minutes. Divide the batter evenly among prepared popover cups.

Bake at 375 for 40 minutes or until golden.

Serve the popovers immediately.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:7.67, Inflammation Score:-2, Nutrition Score:10.516521719811%

Nutrients (% of daily need)

Calories: 124.03kcal (6.2%), Fat: 3.3g (5.07%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 17.62g (5.87%), Net Carbohydrates: 16.45g (5.98%), Sugar: 2.17g (2.41%), Cholesterol: 37.73mg (12.58%), Sodium: 156.66mg (6.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.85%), Copper: 3.09mg (154.51%), Manganese: 0.48mg (24%), Selenium: 14.59µg (20.84%), Vitamin B2: 0.24mg (14.15%), Vitamin B1: 0.16mg (10.98%), Phosphorus: 93.97mg (9.4%), Folate: 34.73µg (8.68%), Iron: 1.16mg (6.47%), Calcium: 64.19mg (6.42%), Vitamin B3: 1.21mg (6.03%), Magnesium: 20.53mg (5.13%), Vitamin B12: 0.3µg (4.92%), Fiber: 1.17g (4.68%), Zinc: 0.59mg (3.94%), Vitamin B5: 0.39mg (3.92%), Potassium: 128.8mg (3.68%), Vitamin B6: 0.06mg (3.15%), Vitamin A: 127.6IU (2.55%), Vitamin E: 0.19mg (1.29%), Vitamin D: 0.17µg (1.11%)