

Blueberry Popovers

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



224 kcal

SIDE DISH

Ingredients

- 0.5 cup blueberries fresh
- 3 tablespoons butter cut into 6 equal-sized pieces
- 0.3 cup confectioners' sugar to taste
- 3 eggs beaten
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 1 optional: lemon halved
- 1 teaspoon vanilla extract

1 tablespoon sugar white

1 cup milk whole

Equipment

bowl

oven

whisk

muffin liners

muffin tray

Directions

Preheat oven to 375 degrees F (190 degrees C).

Put a piece of butter into each of 6 large muffin cups.

Put muffin tin in preheated oven until butter melts, about 5 minutes. Set aside.

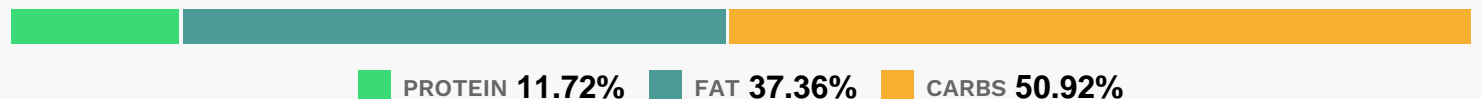
Beat milk, eggs, 1/4 cup sugar, and vanilla together in a large bowl.

Whisk flour into the milk mixture until you have a batter. Divide batter between muffin cups. Drop even amounts of blueberries into each batter portion. Stir 1 tablespoon sugar and cinnamon together in a small bowl; sprinkle evenly over the batter portions.

Bake in preheated oven for 5 minutes. Reduce heat to 350 degrees F (175 degrees C) and continue baking until popovers are no longer moist in the center, about 25 minutes. Dust tops of popovers with confectioners' sugar. Squeeze lemon juice over popovers.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:50.6, Glycemic Load:14.52, Inflammation Score:-4, Nutrition Score:7.9852173846701%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 224.03kcal (11.2%), Fat: 9.38g (14.43%), Saturated Fat: 5.09g (31.79%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 27.22g (9.9%), Sugar: 10.75g (11.95%), Cholesterol: 101.77mg (33.92%), Sodium: 92.82mg (4.04%), Alcohol: 0.23g (100%), Alcohol %: 0.23% (100%), Protein: 6.62g (13.24%), Selenium: 14.8µg (21.14%), Vitamin B2: 0.27mg (16.04%), Vitamin B1: 0.21mg (13.82%), Vitamin C: 10.75mg (13.03%), Folate: 51.42µg (12.85%), Manganese: 0.26mg (12.84%), Phosphorus: 113.43mg (11.34%), Iron: 1.53mg (8.49%), Calcium: 76.05mg (7.6%), Vitamin A: 371.21IU (7.42%), Vitamin B12: 0.43µg (7.12%), Vitamin B3: 1.37mg (6.84%), Vitamin B5: 0.64mg (6.39%), Fiber: 1.54g (6.16%), Vitamin D: 0.89µg (5.92%), Vitamin B6: 0.09mg (4.65%), Potassium: 152.23mg (4.35%), Zinc: 0.64mg (4.27%), Magnesium: 14.7mg (3.68%), Vitamin E: 0.53mg (3.54%), Copper: 0.06mg (3.1%), Vitamin K: 3.22µg (3.07%)