Cheddar Popovers

Vegetarian

READY IN	SERVINGS	CALORIES
45 min.	8	122 kcal

SIDE DISH

Ingredients

- [ ] 2 large eggs
- [ ] 1 cup flour all-purpose
- [ ] 0.1 teaspoon ground pepper red
- [ ] 1 cup milk
- [ ] 0.3 teaspoon paprika
- [ ] 0.5 teaspoon salt
- [ ] 2 ounces cheddar cheese shredded

Equipment

- [ ] bowl
- [ ] oven
- [ ] whisk

Directions

- [ ] Combine first 4 ingredients in a bowl.
- [ ] Whisk together eggs and milk; add to flour mixture, whisking until smooth. Stir in cheese.
- [ ] Place well-greased popover pans or 8-ounce custard cups in a 450 oven 3 minutes or until a drop of water sizzles when dropped in them.
- [ ] Remove pans from oven; spoon batter into pans, filling three-fourths full.
- [ ] Bake on lowest oven rack at 450 for 15 minutes. Reduce temperature to 350, and bake 10 minutes. Turn oven off.
- [ ] Cut a small slit in popover tops; return to oven, and let stand 5 minutes with oven door closed.
- [ ] Serve immediately.

Nutrition Facts

PROTEIN **19.39%** FAT **35.34%** CARBS **45.27%**

Properties

Glycemic Index:23.38, Glycemic Load:9.22, Inflammation Score:-3, Nutrition Score:5.2434783317959%

Nutrients (% of daily need)

Calories: 122.24kcal (6.11%), Fat: 4.74g (7.29%), Saturated Fat: 2.35g (14.66%), Carbohydrates: 13.66g (4.55%), Net Carbohydrates: 13.21g (4.8%), Sugar: 1.59g (1.77%), Cholesterol: 57.25mg (19.08%), Sodium: 221.4mg (9.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.71%), Selenium: 11.73µg (16.75%), Vitamin B2: 0.21mg (12.28%), Phosphorus: 105.18mg (10.52%), Vitamin B1: 0.15mg (9.81%), Calcium: 97.25mg (9.72%), Folate: 36.02µg (9.01%), Vitamin B12: 0.35µg (5.85%), Manganese: 0.11mg (5.7%), Iron: 0.97mg (5.4%), Vitamin B3: 0.98mg (4.88%), Vitamin A: 231.71IU (4.63%), Zinc: 0.66mg (4.4%), Vitamin D: 0.63µg (4.19%), Vitamin B5: 0.4mg (4.05%), Vitamin B6: 0.05mg (2.69%), Magnesium: 10.67mg (2.67%), Potassium: 87.26mg (2.49%), Fiber: 0.45g (1.81%), Copper: 0.03mg (1.74%), Vitamin E: 0.24mg (1.58%)