



Cold Oven Popovers

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



66 kcal

SIDE DISH

Ingredients

- ☐ 3 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt

Equipment

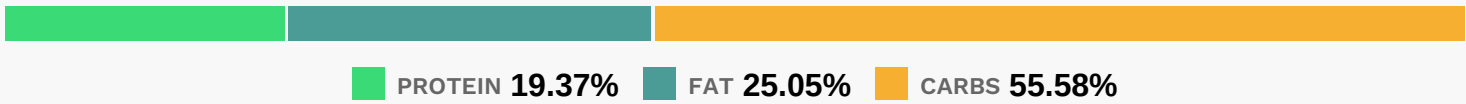
- ☐ bowl
- ☐ oven
- ☐ whisk

☐ muffin liners

Directions

- ☐ Grease 12 muffin cups or line with paper muffin liners. Chill muffin cups in refrigerator while mixing batter.
- ☐ Break eggs into bowl and beat well.
- ☐ Add milk, flour and salt. Beat with a wire whisk or spoon, disregarding lumps.
- ☐ Pour batter into prepared muffin cups, filling each cup three quarters full.
- ☐ Place popovers in cold oven. Set oven to 450 degrees F (230 degrees C). Turn oven on and bake for 30 minutes, until golden and puffed.
- ☐ Serve immediately. If you must hold them, pierce, and keep warm in a 170 degree F (75 degrees C) oven.

Nutrition Facts



Properties

Glycemic Index:9.42, Glycemic Load:6.11, Inflammation Score:-1, Nutrition Score:3.1021739293052%

Nutrients (% of daily need)

Calories: 65.85kcal (3.29%), Fat: 1.8g (2.77%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 8.98g (2.99%), Net Carbohydrates: 8.7g (3.16%), Sugar: 1.05g (1.16%), Cholesterol: 43.36mg (14.45%), Sodium: 120.45mg (5.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Selenium: 7.29µg (10.42%), Vitamin B2: 0.13mg (7.63%), Vitamin B1: 0.1mg (6.5%), Folate: 24.23µg (6.06%), Phosphorus: 53.57mg (5.36%), Manganese: 0.08mg (3.76%), Iron: 0.68mg (3.76%), Vitamin B12: 0.21µg (3.46%), Calcium: 32.79mg (3.28%), Vitamin B3: 0.64mg (3.22%), Vitamin D: 0.44µg (2.96%), Vitamin B5: 0.29mg (2.9%), Zinc: 0.3mg (1.99%), Vitamin A: 92.34IU (1.85%), Vitamin B6: 0.04mg (1.78%), Potassium: 56.85mg (1.62%), Magnesium: 6.05mg (1.51%), Copper: 0.02mg (1.16%), Fiber: 0.28g (1.13%)