



Fireside Popovers with Brie

 Vegetarian

READY IN



35 min.

SERVINGS



24

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 pound round of président brie cut into 24 chunks
- 2 eggs
- 1 cup flour all-purpose
- 1 cup milk
- 0.5 teaspoon salt
- 1 teaspoon sugar

Equipment

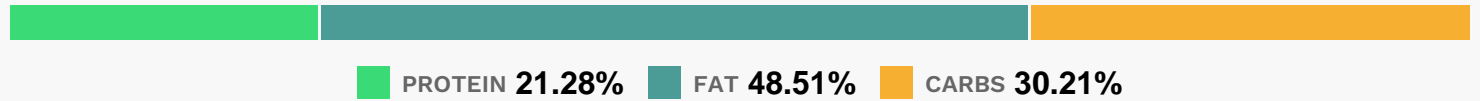
- bowl

- oven
- whisk
- muffin liners

Directions

- Heat oven to 450F. Generously grease 24 small muffin cups, 1 3/4x1 inch. In medium bowl, beat eggs slightly with fork or wire whisk. Beat in flour, milk, sugar and salt just until smooth (do not overbeat). Fill cups about two-thirds full.
- Bake 5minutes.
- Reduce oven temperature to 350F.
- Bake about 10 minutes longer or until crusty and golden brown.
- Cut a small slit in top of each popover. Insert cheese chunk in each popover.
- Bake 5 minutes. Immediately remove from pans.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:3.18, Inflammation Score:-1, Nutrition Score:2.2330434646295%

Nutrients (% of daily need)

Calories: 62.51kcal (3.13%), Fat: 3.34g (5.14%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 4.54g (1.65%), Sugar: 0.73g (0.81%), Cholesterol: 24.31mg (8.1%), Sodium: 117.06mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Selenium: 4.46µg (6.37%), Vitamin B2: 0.11mg (6.22%), Folate: 17.4µg (4.35%), Phosphorus: 40.92mg (4.09%), Vitamin B12: 0.24µg (4.06%), Vitamin B1: 0.05mg (3.64%), Calcium: 32.76mg (3.28%), Zinc: 0.35mg (2.34%), Manganese: 0.04mg (2.01%), Iron: 0.35mg (1.96%), Vitamin B6: 0.04mg (1.85%), Vitamin A: 92.21IU (1.84%), Vitamin B5: 0.18mg (1.82%), Vitamin B3: 0.36mg (1.78%), Vitamin D: 0.23µg (1.55%), Magnesium: 4.7mg (1.17%), Potassium: 40.26mg (1.15%)