



Fresh Thyme Popovers

READY IN



45 min.

SERVINGS



8

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 teaspoons thyme leaves fresh minced
- ☐ 1 cup milk 1% low-fat
- ☐ 1 tablespoon parmigiano-reggiano cheese finely grated
- ☐ 0.5 teaspoon salt

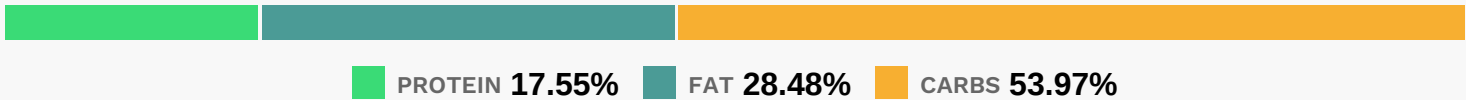
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, thyme, and salt, stirring with a whisk.
- ☐ Combine milk and eggs in a medium bowl, stirring with a whisk until blended; let stand 30 minutes. Gradually add flour mixture to milk mixture, stirring well with a whisk. Stir in melted butter.
- ☐ Coat 8 popover cups with cooking spray; sprinkle cheese evenly among cups.
- ☐ Place cups in oven at 375 for 5 minutes. Divide batter evenly among prepared cups.
- ☐ Bake at 375 for 40 minutes or until golden.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:8.66, Inflammation Score:-6, Nutrition Score:4.6147826333409%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Nutrients (% of daily need)

Calories: 102.94kcal (5.15%), Fat: 3.21g (4.94%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 13.2g (4.8%), Sugar: 1.56g (1.73%), Cholesterol: 52.16mg (17.39%), Sodium: 196.22mg (8.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.9%), Selenium: 9.91µg (14.16%), Vitamin B2: 0.18mg (10.63%), Vitamin B1: 0.14mg (9.67%), Folate: 35.38µg (8.84%), Phosphorus: 77.3mg (7.73%), Manganese: 0.12mg

(6%), Iron: 1.04mg (5.77%), Calcium: 56.45mg (5.64%), Vitamin B12: 0.3µg (5.03%), Vitamin B3: 0.98mg (4.88%), Vitamin A: 197.69IU (3.95%), Vitamin D: 0.58µg (3.85%), Vitamin B5: 0.37mg (3.73%), Zinc: 0.43mg (2.84%), Potassium: 84.94mg (2.43%), Vitamin B6: 0.05mg (2.41%), Magnesium: 9.59mg (2.4%), Fiber: 0.49g (1.97%), Copper: 0.03mg (1.74%), Vitamin E: 0.19mg (1.26%)