



## Garlic and Cheese Popovers

READY IN



38 min.

SERVINGS



12

CALORIES



230 kcal

SIDE DISH

### Ingredients

- 2 tablespoons anchovy paste
- 3 ounces asiago cheese finely grated
- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon chives chopped
- 6 large eggs at room temperature
- 0.3 cup flat-leaf parsley chopped
- 1.5 cups flour all-purpose
- 5 cloves garlic minced
- 2 teaspoons kosher salt

- 12 servings kosher salt and pepper black freshly ground
- 1.5 teaspoons juice of lemon fresh
- 0.5 teaspoon lemon zest
- 1 ounce sharp provolone cheese shredded
- 0.5 cup butter unsalted at room temperature (1 stick)
- 2 cups milk whole at room temperature

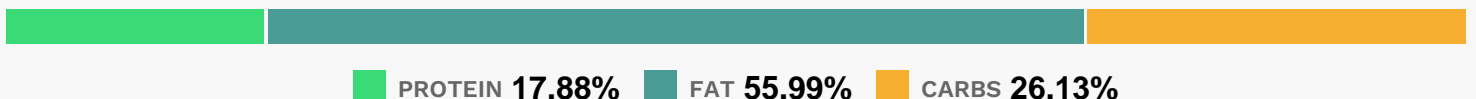
## Equipment

- bowl
- frying pan
- oven
- blender
- muffin liners

## Directions

- Watch how to make this recipe.
- Butter: In a small bowl, mix together the butter, anchovy paste, chives, lemon juice, and lemon zest until smooth. Season with salt and pepper (if using), to taste.
- Popovers: Put an oven rack in the center of the oven. Preheat the oven to 400 degrees F. Spray a 12-count muffin or popover pan with vegetable oil cooking spray. Set aside.
- In a blender, add the eggs and garlic. Blend on medium speed until frothy, about 15 seconds.
- Add the milk and the cheeses and blend until smooth.
- Add the flour, salt, pepper and parsley. Blend on medium speed until incorporated.
- Pour the batter into the muffin cups, filling each cup to within 1/4-inch of the top.
- Bake, without opening the oven door, until puffed and golden, about 30 to 35 minutes.
- Remove the popovers from the oven and serve with the anchovy butter.

## Nutrition Facts



## Properties

Glycemic Index:28.17, Glycemic Load:9.58, Inflammation Score:-5, Nutrition Score:9.4921740034352%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 229.54kcal (11.48%), Fat: 14.25g (21.92%), Saturated Fat: 8.05g (50.33%), Carbohydrates: 14.96g (4.99%), Net Carbohydrates: 14.41g (5.24%), Sugar: 2.21g (2.46%), Cholesterol: 126.93mg (42.31%), Sodium: 669.44mg (29.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.23g (20.47%), Selenium: 17.78µg (25.41%), Vitamin K: 22.75µg (21.67%), Calcium: 182.01mg (18.2%), Phosphorus: 180.47mg (18.05%), Vitamin B2: 0.29mg (17.35%), Vitamin A: 631.83IU (12.64%), Folate: 44.07µg (11.02%), Vitamin B1: 0.17mg (11.02%), Vitamin B12: 0.6µg (10.02%), Manganese: 0.17mg (8.41%), Iron: 1.48mg (8.24%), Vitamin D: 1.18µg (7.88%), Vitamin B3: 1.57mg (7.86%), Vitamin B5: 0.7mg (6.98%), Zinc: 0.98mg (6.51%), Vitamin B6: 0.11mg (5.3%), Magnesium: 18.54mg (4.64%), Potassium: 154.75mg (4.42%), Vitamin E: 0.64mg (4.24%), Copper: 0.06mg (3.16%), Vitamin C: 2.55mg (3.09%), Fiber: 0.55g (2.21%)