



Gruyere Caraway Popovers

READY IN



65 min.

SERVINGS



6

CALORIES



174 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 0.5 teaspoon caraway seeds whole freshly ground plus more , for the centers smashed
- ☐ 2 large eggs
- ☐ 1 cup minus 2 tablespoons flour all-purpose
- ☐ 2 ounces coarsely gruyère grated
- ☐ 0.8 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water

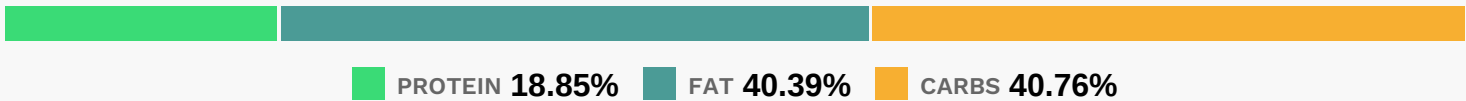
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ muffin tray

Directions

- ☐ Preheat oven to 375 degrees F. Generously grease 6 (2/3-cup) popover tins or 9 (1/2-cup) muffin tins.
- ☐ In a bowl whisk together eggs, milk, and water and add butter in a stream, whisking.
- ☐ Add flour and salt and whisk mixture until combined well but still slightly lumpy.
- ☐ Whisk ground caraway seeds into batter. Divide half of batter among tins and sprinkle 1/4 cup Gruyere and whole caraway seeds over popovers. Then top with the remainder of batter.
- ☐ Bake popovers in lower 1/3 of oven for 45 minutes.
- ☐ Cut a slit about 1/2-inch long on top of each popover with a small sharp knife and bake 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:12.04, Inflammation Score:-3, Nutrition Score:6.8091304707138%

Nutrients (% of daily need)

Calories: 174.28kcal (8.71%), Fat: 7.73g (11.9%), Saturated Fat: 4.11g (25.67%), Carbohydrates: 17.56g (5.85%), Net Carbohydrates: 16.93g (6.16%), Sugar: 1.62g (1.8%), Cholesterol: 81.07mg (27.02%), Sodium: 312.46mg (13.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.24%), Selenium: 14.17µg (20.25%), Calcium: 147.54mg (14.75%), Vitamin B2: 0.25mg (14.64%), Phosphorus: 144.98mg (14.5%), Vitamin B1: 0.19mg (12.91%), Folate: 46.99µg (11.75%), Vitamin B12: 0.47µg (7.8%), Manganese: 0.15mg (7.61%), Iron: 1.3mg (7.24%), Vitamin B3: 1.29mg (6.46%), Zinc: 0.87mg (5.78%), Vitamin A: 287.91IU (5.76%), Vitamin B5: 0.52mg (5.16%), Vitamin D: 0.73µg (4.84%),

Magnesium: 14.23mg (3.56%), Vitamin B6: 0.06mg (3.22%), Potassium: 101.55mg (2.9%), Fiber: 0.63g (2.5%),
Copper: 0.05mg (2.43%), Vitamin E: 0.29mg (1.92%)