

Herb Popovers

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



212 kcal

SIDE DISH

Ingredients

- 4 tablespoons butter divided melted
- 3 large eggs
- 1 cup flour all-purpose
- 2 tablespoons chives fresh chopped
- 2 tablespoons sage fresh chopped
- 1.5 teaspoons salt
- 1.3 cups milk whole

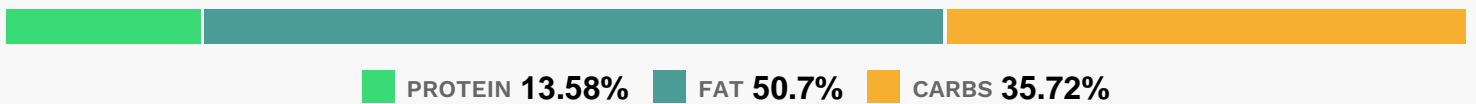
Equipment

- frying pan
- baking sheet
- oven
- whisk
- mixing bowl
- measuring cup

Directions

- Preheat oven to 45
- Whisk eggs in large mixing bowl until frothy.
- Add milk, flour, salt, and 2 tablespoons butter; whisk until well blended. Stir in herbs, and transfer to a 1-quart measuring cup.
- Use remaining 2 tablespoons butter to grease popover pan; place pan on a baking sheet. Warm pan in oven for 5 minutes.
- Remove pan from oven, and divide batter equally among popover cups.
- Bake at 450 for 13 minutes. (Do not open oven during the first 10 minutes of baking or popovers won't rise properly.) Reduce oven temperature to 350, and bake 15 to 20 more minutes or until golden brown.
- Remove from oven, and pierce each with a wooden pick to release steam.
- Remove from pans, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:12.41, Inflammation Score:-4, Nutrition Score:12.279565186604%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 212.21kcal (10.61%), Fat: 11.89g (18.29%), Saturated Fat: 6.62g (41.35%), Carbohydrates: 18.84g (6.28%), Net Carbohydrates: 18.11g (6.59%), Sugar: 2.62g (2.91%), Cholesterol: 119.17mg (39.72%), Sodium: 696.75mg (30.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.33%), Copper: 6.11mg (305.66%), Selenium: 15.81µg (22.58%), Manganese: 0.36mg (17.77%), Vitamin B2: 0.29mg (17.3%), Vitamin B1: 0.21mg (13.94%), Folate: 51.21µg (12.8%), Phosphorus: 126.9mg (12.69%), Vitamin A: 494.12IU (9.88%), Calcium: 96.28mg (9.63%), Iron: 1.65mg (9.17%), Vitamin B12: 0.51µg (8.55%), Vitamin D: 1.06µg (7.06%), Vitamin B5: 0.68mg (6.78%), Vitamin B3: 1.31mg (6.56%), Zinc: 0.73mg (4.86%), Magnesium: 17.71mg (4.43%), Vitamin B6: 0.08mg (4.22%), Potassium: 146.89mg (4.2%), Vitamin E: 0.52mg (3.46%), Vitamin K: 3.07µg (2.93%), Fiber: 0.73g (2.92%)