



## Jalapeño-Cheddar Popovers

 Vegetarian

READY IN



70 min.

SERVINGS



100

CALORIES



12 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 3 large eggs at room temperature
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon jalapeno minced seeded 1 pepper
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup milk at room temperature
- ☐ 1 oz sharp cheddar cheese shredded

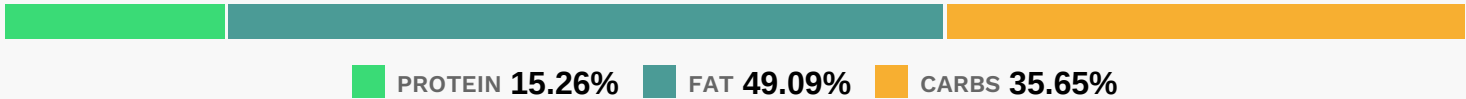
### Equipment

- ☐ oven
- ☐ blender
- ☐ muffin tray

## Directions

- ☐ Preheat oven to 45
- ☐ Process first 5 ingredients in a blender 15 seconds or until smooth. Stir in cheese and jalapeo, and let stand 30 minutes. Lightly grease a 12-cup muffin pan with cooking spray; place in a jelly-roll pan, and heat in oven 2 minutes. Spoon batter into prepared muffin pan, filling halfway.
- ☐ Bake 15 minutes. Reduce oven temperature to 375, and bake 8 to 12 minutes or until puffed and golden brown.

## Nutrition Facts



## Properties

Glycemic Index:2.22, Glycemic Load:0.74, Inflammation Score:-1, Nutrition Score:0.45826087114604%

## Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 12.37kcal (0.62%), Fat: 0.67g (1.03%), Saturated Fat: 0.36g (2.28%), Carbohydrates: 1.1g (0.37%), Net Carbohydrates: 1.06g (0.38%), Sugar: 0.13g (0.15%), Cholesterol: 7.06mg (2.35%), Sodium: 19.27mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Selenium: 1.02µg (1.45%), Vitamin B2: 0.02mg (1.05%)