



Lemon-Pepper Popovers

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



116 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 2 large eggs
- 0.8 cup flour all-purpose
- 1 teaspoon lemon zest grated
- 0.5 teaspoon salt
- 1 tablespoon butter unsalted melted
- 0.3 cup water
- 0.8 cup milk whole

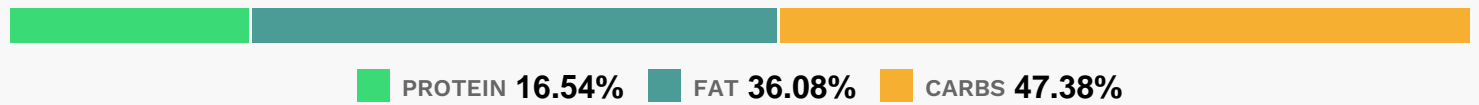
Equipment

- bowl
- oven
- knife
- whisk
- muffin liners

Directions

- Preheat oven to 375°F with rack in lower third. Generously butter popover cups.
- Whisk together milk, water, eggs, and zest in a bowl, then whisk in butter.
- Add flour, salt, and pepper and whisk until batter is combined well but still slightly lumpy.
- Divide batter among popover cups and sprinkle tops with additional pepper as garnish.
- Bake until puffed and golden, about 40 minutes.
- Cut a slit about 1/2-inch long in top of each popover with a small sharp knife, then bake 5 minutes more.
- Popovers can be made in 9 buttered (1/2-cup) muffin cups; bake about 30 minutes before cutting slits.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:9.19, Inflammation Score:-2, Nutrition Score:4.9039130651433%

Nutrients (% of daily need)

Calories: 116.31kcal (5.82%), Fat: 4.61g (7.1%), Saturated Fat: 2.31g (4.46%), Carbohydrates: 13.63g (4.54%), Net Carbohydrates: 13.13g (4.77%), Sugar: 1.59g (1.76%), Cholesterol: 70.68mg (23.56%), Sodium: 230.16mg (10.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.51%), Selenium: 11.03µg (15.75%), Vitamin B2: 0.2mg (11.58%), Vitamin B1: 0.15mg (9.79%), Folate: 36.57µg (9.14%), Phosphorus: 81.54mg (8.15%), Manganese: 0.13mg (6.71%), Iron: 1.04mg (5.76%), Vitamin B12: 0.32µg (5.28%), Calcium: 51.35mg (5.14%), Vitamin B3: 0.97mg (4.86%), Vitamin D: 0.7µg (4.69%), Vitamin B5: 0.44mg (4.44%), Vitamin A: 198.8IU (3.98%), Zinc: 0.46mg (3.04%), Vitamin

B6: 0.05mg (2.75%), Potassium: 88.82mg (2.54%), Magnesium: 9.58mg (2.4%), Fiber: 0.5g (2%), Copper: 0.04mg (1.97%), Vitamin E: 0.26mg (1.71%)