



Light Lemon Popovers

 Vegetarian

READY IN



50 min.

SERVINGS



50

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup bread flour
- 4 egg whites
- 1 egg yolk
- 1 tablespoon juice of lemon fresh
- 2 teaspoons lemon rind grated
- 0.3 teaspoon salt
- 1 cup skim milk
- 1 tablespoon sugar

Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Heavily coat a popover pan with cooking spray, and set aside.
- Combine flour and remaining ingredients in a large bowl; stir with a wire whisk until smooth.
- Pour batter evenly into prepared pan.
- Place in a cold oven. Turn oven on 450, and bake 15 minutes. Reduce heat to 350, and bake an additional 35 to 40 minutes or until popovers are crusty and brown.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:3.41, Glycemic Load:1.42, Inflammation Score:-1, Nutrition Score:0.51695652152209%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg

Nutrients (% of daily need)

Calories: 14.13kcal (0.71%), Fat: 0.15g (0.23%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 2.29g (0.83%), Sugar: 0.52g (0.58%), Cholesterol: 4.03mg (1.35%), Sodium: 17.85mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Selenium: 1.77µg (2.53%), Vitamin B2: 0.02mg (1.21%), Manganese: 0.02mg (1.02%)