



Mini-Popovers with Flavored Butter Trio

 Gluten Free

READY IN



50 min.

SERVINGS



32

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup water
- 0.3 cup butter
- 4 eggs
- 0.3 cup butter unsalted softened
- 2 tablespoons apricot preserves
- 0.3 cup butter unsalted softened
- 2 tablespoons parsley fresh chopped
- 1 teaspoon honey

- 0.3 cup butter unsalted softened
- 2 teaspoons blackstrap molasses
- 1 cup frangelico

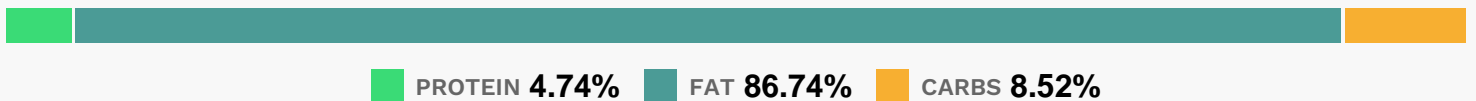
Equipment

- sauce pan
- oven
- whisk
- muffin liners

Directions

- Heat oven to 400°F. Generously grease 32 mini muffin cups with shortening.
- In 4-quart saucepan, heat 3/4 cup water and 1/4 cup butter to rolling boil. Reduce heat to low; add Bisquick mix all at once. Stir vigorously with whisk about 1 1/2 minutes or until mixture forms ball.
- Remove from heat. Beat in eggs, 1 at a time; continue beating until smooth.
- Drop dough by level measuring tablespoonfuls into muffin cups.
- Bake 23 to 27 minutes or until deep golden brown.
- Meanwhile, stir together ingredients of desired flavored butter(s) to serve with popovers.

Nutrition Facts



Properties

Glycemic Index:4.01, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:1.1308695678802%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Nutrients (% of daily need)

Calories: 63.81kcal (3.19%), Fat: 6.27g (9.65%), Saturated Fat: 3.2g (20.01%), Carbohydrates: 1.39g (0.46%), Net Carbohydrates: 1.37g (0.5%), Sugar: 1.07g (1.19%), Cholesterol: 31.9mg (10.63%), Sodium: 26.21mg (1.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Vitamin A: 249.71IU (4.99%), Vitamin K: 4.49µg (4.28%), Selenium: 1.85µg (2.64%), Vitamin B2: 0.03mg (1.66%), Vitamin E: 0.24mg (1.6%), Phosphorus: 12.9mg (1.29%), Vitamin D: 0.19µg (1.27%)