



Mini-Popovers with Flavored Butter Trio

 Gluten Free

READY IN



50 min.

SERVINGS



32

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

- 1 cup frangelico
- 1 cup frangelico

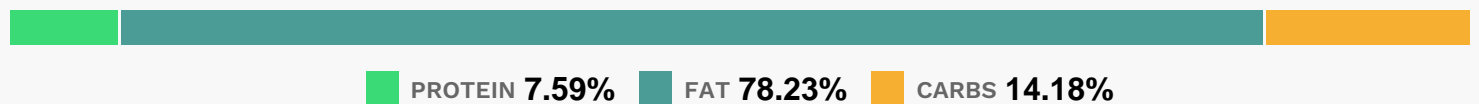
Equipment

- sauce pan
- oven
- whisk
- muffin liners

Directions

- Heat oven to 400F. 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:-1, Nutrition Score:0.97826086292448%

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: 38.38kcal (1.92%), Fat: 3.39g (5.22%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 1.38g (0.46%), Net Carbohydrates: 1.37g (0.5%), Sugar: 1.07g (1.19%), Cholesterol: 24.27mg (8.09%), Sodium: 25.82mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.48%), Vitamin K: 4.24µg (4.04%), Vitamin A: 161.08IU (3.22%),

Selenium: 1.81µg (2.59%), Vitamin B2: 0.03mg (1.59%), Phosphorus: 12.05mg (1.21%), Vitamin E: 0.16mg (1.05%)