

Mini Provolone Popovers

READY IN



4500 min.

SERVINGS



24

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1.5 tablespoons chives chopped
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons parmesan grated
- ☐ 0.3 cup provolone cheese finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons butter unsalted divided melted
- ☐ 1 cup milk whole

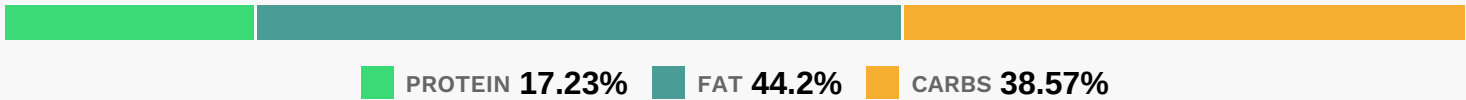
Equipment

- ☐ oven
- ☐ whisk
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Whisk together milk, eggs, flour, 1 tablespoon butter, salt, and pepper until smooth, then stir in cheeses and chives. Chill 1 hour to allow batter to rest.
- ☐ Preheat oven to 425°F with rack in upper third.
- ☐ Butter muffin pan with remaining tablespoon butter, then heat in oven until butter sizzles, about 2 minutes.
- ☐ Gently stir batter, then divide among muffin cups (they will be about two-thirds full).
- ☐ Bake until puffed and golden-brown, 18 to 20 minutes.
- ☐ Serve immediately.
- ☐ Batter can be made 1 day ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:3.07, Inflammation Score:-1, Nutrition Score:1.7952173870543%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 47.53kcal (2.38%), Fat: 2.32g (3.56%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 4.4g (1.6%), Sugar: 0.54g (0.6%), Cholesterol: 20.78mg (6.93%), Sodium: 78.47mg (3.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Selenium: 3.61µg (5.16%), Vitamin B2: 0.07mg (3.92%),

Phosphorus: 36.53mg (3.65%), Calcium: 34.94mg (3.49%), Vitamin B1: 0.05mg (3.26%), Folate: 11.94µg (2.98%),
Vitamin B12: 0.13µg (2.1%), Manganese: 0.04mg (1.98%), Vitamin A: 95.73IU (1.91%), Iron: 0.33mg (1.85%), Vitamin
B3: 0.33mg (1.64%), Vitamin D: 0.22µg (1.49%), Zinc: 0.2mg (1.37%), Vitamin B5: 0.14mg (1.37%)