



## Orange Popovers

READY IN



55 min.

SERVINGS



5

CALORIES



163 kcal

SIDE DISH

### Ingredients

- 1 cup bread flour
- 0.8 cup egg substitute
- 1 cup milk 1% low-fat
- 1 tablespoon orange juice unsweetened
- 2 teaspoons orange rind grated
- 0.3 teaspoon salt
- 1 tablespoon sugar
- 1 tablespoon vegetable oil

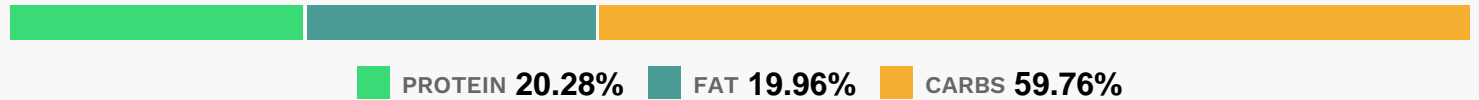
## Equipment

- food processor
- bowl
- oven
- knife

## Directions

- Position knife blade in food processor bowl; add first 8 ingredients. Process until smooth, stopping once to scrape down sides.
- Pour batter into popover pans coated with cooking spray, filling one-half full.
- Place in a cold oven. Turn oven on 450, and bake 15 minutes. Reduce heat to 350, and bake 35 to 40 additional minutes or until popovers are crusty and brown.

## Nutrition Facts



## Properties

Glycemic Index:37.82, Glycemic Load:13.6, Inflammation Score:-3, Nutrition Score:7.0799999496211%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 163.42kcal (8.17%), Fat: 3.6g (5.54%), Saturated Fat: 0.74g (4.66%), Carbohydrates: 24.25g (8.08%), Net Carbohydrates: 23.55g (8.57%), Sugar: 5.82g (6.47%), Cholesterol: 2.36mg (0.79%), Sodium: 206.9mg (9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.23g (16.45%), Selenium: 25.81µg (36.87%), Vitamin B2: 0.22mg (13.07%), Manganese: 0.2mg (10.12%), Phosphorus: 99.53mg (9.95%), Calcium: 91.26mg (9.13%), Vitamin B5: 0.89mg (8.88%), Vitamin D: 1.1µg (7.3%), Vitamin B12: 0.41µg (6.84%), Vitamin B1: 0.09mg (6.27%), Vitamin E: 0.91mg (6.05%), Iron: 0.95mg (5.3%), Potassium: 185.3mg (5.29%), Zinc: 0.77mg (5.15%), Vitamin K: 5.2µg (4.95%), Magnesium: 17.87mg (4.47%), Vitamin B6: 0.09mg (4.41%), Folate: 16.21µg (4.05%), Vitamin A: 184.17IU (3.68%), Vitamin C: 2.97mg (3.6%), Copper: 0.06mg (2.82%), Fiber: 0.69g (2.77%), Vitamin B3: 0.37mg (1.87%)