



## Parmesan Popovers

READY IN



45 min.

SERVINGS



6

CALORIES



141 kcal

SIDE DISH

### Ingredients

- ☐ 2 teaspoons butter melted
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 0.7 cup flour all-purpose
- ☐ 1 cup milk 2% reduced-fat
- ☐ 1 ounce parmesan fresh grated
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup flour whole wheat

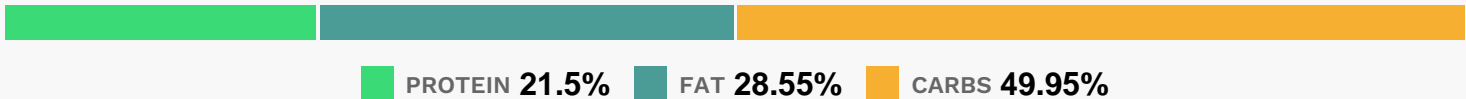
## Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ measuring cup

## Directions

- ☐ Combine first 3 ingredients in a medium bowl, stirring with a whisk until blended.
- ☐ Let stand 30 minutes.
- ☐ Preheat oven to 37
- ☐ Weigh or lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours and salt, stirring with a whisk. Gradually add flour mixture to milk mixture, stirring well with a whisk.
- ☐ Coat 6 popover cups with cooking spray; brush butter evenly among cups to coat.
- ☐ Place popover cups in a 375 oven for 5 minutes. Divide batter evenly among prepared popover cups.
- ☐ Sprinkle evenly with cheese.
- ☐ Bake at 375 for 40 minutes or until golden.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:25.33, Glycemic Load:7.71, Inflammation Score:-3, Nutrition Score:6.6373913045163%

## Nutrients (% of daily need)

Calories: 141kcal (7.05%), Fat: 4.46g (6.87%), Saturated Fat: 2.44g (15.23%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 16.49g (6%), Sugar: 2.2g (2.45%), Cholesterol: 40.94mg (13.65%), Sodium: 232.3mg (10.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.13%), Selenium: 15.65µg (22.36%), Manganese: 0.38mg (18.81%), Vitamin B2: 0.25mg (15%), Phosphorus: 126.33mg (12.63%), Calcium: 113.39mg (11.34%), Vitamin B1: 0.16mg (10.9%), Folate: 35.05µg (8.76%), Vitamin B3: 1.22mg (6.09%), Iron: 1.09mg (6.04%), Vitamin B12: 0.35µg (5.87%), Magnesium: 20.84mg (5.21%), Zinc: 0.7mg (4.68%), Fiber: 1.09g (4.35%), Vitamin B5: 0.41mg (4.13%), Potassium: 128.32mg (3.67%), Vitamin B6: 0.07mg (3.36%), Vitamin A: 164.27IU (3.29%), Copper: 0.06mg (2.99%), Vitamin E: 0.2mg (1.36%), Vitamin D: 0.19µg (1.27%)