



Parsley-Lemon-Garlic Popovers

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



124 kcal

SIDE DISH

Ingredients

- 2 teaspoons butter melted
- 1 large eggs
- 2 large egg whites
- 0.7 cup flour all-purpose
- 0.3 cup flat-leaf parsley fresh finely chopped
- 1 large garlic clove minced
- 1 teaspoon lemon rind grated
- 1 cup milk 2% reduced-fat

- 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. Stir in parsley, rind, and garlic.
- 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.
- Bake at 375 for 40 minutes or until golden.
- Serve immediately.

Nutrition Facts



PROTEIN 19.23% **FAT 23.61%** **CARBS 57.16%**

Properties

Glycemic Index:31.17, Glycemic Load:7.74, Inflammation Score:-4, Nutrition Score:8.3178261155668%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 124.28kcal (6.21%), Fat: 3.27g (5.03%), Saturated Fat: 1.67g (10.41%), Carbohydrates: 17.8g (5.93%), Net Carbohydrates: 16.59g (6.03%), Sugar: 2.21g (2.45%), Cholesterol: 37.73mg (12.58%), Sodium: 158.11mg (6.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.98%), Vitamin K: 41.4µg (39.43%), Selenium: 14.66µg (20.95%), Manganese: 0.39mg (19.38%), Vitamin B2: 0.24mg (14.27%), Vitamin B1: 0.17mg (11%), Folate: 38.58µg (9.65%), Phosphorus: 95.79mg (9.58%), Vitamin A: 338.18IU (6.76%), Iron: 1.21mg (6.75%), Calcium: 62.25mg (6.22%), Vitamin B3: 1.24mg (6.21%), Magnesium: 20.19mg (5.05%), Vitamin B12: 0.3µg (4.92%), Fiber: 1.22g (4.87%), Vitamin C: 3.99mg (4.84%), Vitamin B5: 0.41mg (4.06%), Zinc: 0.61mg (4.04%), Potassium: 140.37mg (4.01%), Vitamin B6: 0.07mg (3.6%), Copper: 0.06mg (3.19%), Vitamin E: 0.21mg (1.42%), Vitamin D: 0.17µg (1.11%)