



Pecan Popovers

READY IN



45 min.

SERVINGS



8

CALORIES



373 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 3 tablespoons butter melted
- ☐ 4 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons honey
- ☐ 2 cups milk
- ☐ 0.3 cup pecans finely chopped
- ☐ 0.5 teaspoon salt

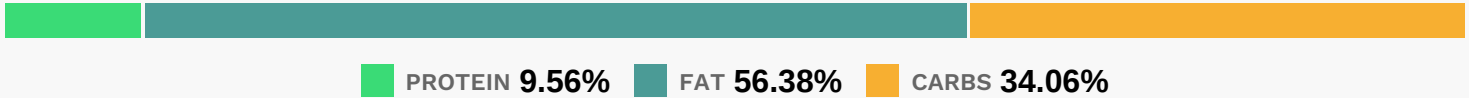
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Stir together 1/2 cup butter and honey; cover and chill until ready to serve.
- ☐ Whisk together eggs, milk, and melted butter in a large bowl; add flour and salt, stirring until smooth. Stir in pecans.
- ☐ Spoon batter into 12 (6-ounce) greased custard cups, filling half full; place on a baking sheet.
- ☐ Bake at 400 for 40 minutes or until firm. Immediately prick popovers with a fork to release steam.
- ☐ Serve immediately with honey butter.

Nutrition Facts



Properties

Glycemic Index:21.91, Glycemic Load:20.61, Inflammation Score:-6, Nutrition Score:10.592608592432%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 373.2kcal (18.66%), Fat: 23.55g (36.24%), Saturated Fat: 5.49g (34.33%), Carbohydrates: 32.01g (10.67%), Net Carbohydrates: 30.72g (11.17%), Sugar: 7.6g (8.45%), Cholesterol: 100.32mg (33.44%), Sodium: 388.15mg (16.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.99g (17.97%), Selenium: 19.64µg (28.06%), Vitamin

B2: 0.37mg (21.64%), Manganese: 0.43mg (21.58%), Vitamin B1: 0.32mg (21.43%), Vitamin A: 931.64IU (18.63%), Folate: 70.24µg (17.56%), Phosphorus: 162.12mg (16.21%), Iron: 2.03mg (11.25%), Calcium: 103.13mg (10.31%), Vitamin B3: 1.99mg (9.96%), Vitamin B12: 0.57µg (9.52%), Vitamin B5: 0.81mg (8.07%), Vitamin D: 1.17µg (7.81%), Zinc: 1.01mg (6.73%), Vitamin E: 0.98mg (6.52%), Copper: 0.12mg (6.01%), Magnesium: 23.38mg (5.85%), Potassium: 188.98mg (5.4%), Vitamin B6: 0.11mg (5.3%), Fiber: 1.29g (5.16%)