



Popovers

READY IN



45 min.

SERVINGS



8

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt

Equipment

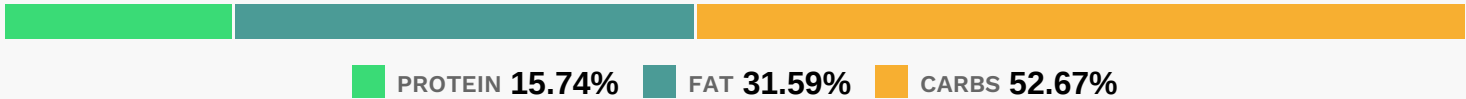
- ☐ oven
- ☐ hand mixer

☐ muffin tray

Directions

- ☐ Beat eggs with electric mixer until light and fluffy.
- ☐ Add flour and milk alternately, beginning and ending with flour; beat well after each addition. Stir in butter and salt.
- ☐ Heat a well-greased muffin pan in a 450 oven for 3 minutes or until very hot. Spoon batter into muffin pans, filling two-thirds full.
- ☐ Bake at 425 for 20 minutes; reduce heat to 350, and bake an additional 20 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:9.17, Inflammation Score:-2, Nutrition Score:4.2291304197%

Nutrients (% of daily need)

Calories: 103.49kcal (5.17%), Fat: 3.58g (5.51%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 13.02g (4.73%), Sugar: 1.55g (1.72%), Cholesterol: 44.58mg (14.86%), Sodium: 189.37mg (8.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.03%), Selenium: 9.25µg (13.22%), Vitamin B2: 0.17mg (10.01%), Vitamin B1: 0.14mg (9.62%), Folate: 33.78µg (8.45%), Phosphorus: 69.86mg (6.99%), Manganese: 0.11mg (5.56%), Iron: 0.92mg (5.1%), Vitamin B3: 0.96mg (4.82%), Calcium: 46.63mg (4.66%), Vitamin B12: 0.26µg (4.41%), Vitamin D: 0.56µg (3.7%), Vitamin B5: 0.35mg (3.52%), Vitamin A: 171.41IU (3.43%), Zinc: 0.38mg (2.51%), Potassium: 78.41mg (2.24%), Vitamin B6: 0.04mg (2.22%), Magnesium: 8.47mg (2.12%), Fiber: 0.42g (1.69%), Copper: 0.03mg (1.54%), Vitamin E: 0.19mg (1.3%)