

SIDE DISH

Popovers

21 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
50 min	10 min	40 min	6	\$0.24	165 kcal



Popovers is a lacto ovo vegetarian recipe with 6 servings. This side dish has 165 calories, 6g of protein, and 7g of fat per serving. For 24 cents per serving, this recipe covers 6% of your daily requirements of vitamins and minerals. This recipe from Allrecipes requires eggs, flour, milk, and salt.

Ingredients

- ☐ 3 eggs
- ☐ 1 cup milk
- ☐ 2 tablespoons unsalted butter, chilled
- ☐ 1 cup all-purpose flour
- ☐ ¼ teaspoon salt

EQUIPMENT Frying pan, Oven

Method

- 1 Preheat oven to 425 degrees F (220 degrees C).
- 2 Spray a popover pan with nonstick cooking spray.
- 3 Place pan on center rack of oven and preheat for 2 minutes.
- 4 Blend flour, salt, eggs, milk, and melted butter until it looks like heavy cream, about 1 to 2 minutes.
- 5 Cut chilled butter into 6 even pieces.
- 6 Place 1 piece of butter in each cup and place pan back in oven until butter is bubbly (about 1 minute).
- 7 Fill each cup half full with batter and bake 20 minutes. Reduce heat to 325 degrees F (165 degrees C) and bake for another 15 to 20 minutes.

Nutrition per serving

165	6 g	7 g	18 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			3.9 g · 24% of daily needs
Fibre			0.6 g · 2% of daily needs
Sugar			2.1 g · 2% of daily needs
Sodium			145 mg · 6% of daily needs
Cholesterol			96.8 mg · 32% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/popovers-144212