



Popovers

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



121 kcal

SIDE DISH

Ingredients

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

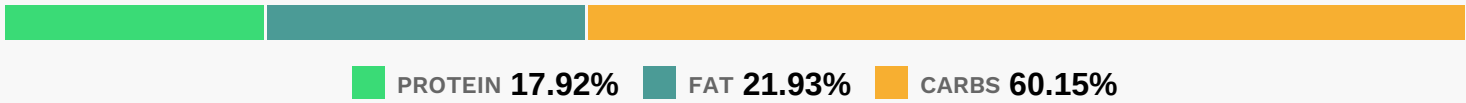
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C). Grease and flour six 6-ounce custard cups.
- ☐ In a medium bowl beat eggs slightly, Beat in flour, milk and salt until just smooth; being careful not to overbeat. Fill custard cups 1/2 full.
- ☐ Bake at 450 degrees F (230 degrees C) for 20 minutes. Decrease oven temperature to 350 degrees F (175 degrees C) and bake for 20 minutes more. Immediately remove from cups and serve piping hot.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:12.22, Inflammation Score:-2, Nutrition Score:5.5330434869165%

Nutrients (% of daily need)

Calories: 121.21kcal (6.06%), Fat: 2.9g (4.46%), Saturated Fat: 1.25g (7.8%), Carbohydrates: 17.9g (5.97%), Net Carbohydrates: 17.34g (6.31%), Sugar: 2.07g (2.3%), Cholesterol: 59.44mg (19.81%), Sodium: 230.49mg (10.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.67%), Selenium: 12.34µg (17.63%), Vitamin B2: 0.23mg (13.3%), Vitamin B1: 0.19mg (12.81%), Folate: 45.02µg (11.25%), Phosphorus: 92.61mg (9.26%), Manganese: 0.15mg (7.42%), Iron: 1.23mg (6.81%), Vitamin B3: 1.28mg (6.42%), Calcium: 61.48mg (6.15%), Vitamin B12: 0.35µg (5.84%), Vitamin D: 0.74µg (4.94%), Vitamin B5: 0.47mg (4.68%), Zinc: 0.5mg (3.35%), Potassium: 103.57mg (2.96%), Vitamin B6: 0.06mg (2.95%), Vitamin A: 145.08IU (2.9%), Magnesium: 11.23mg (2.81%), Fiber: 0.56g (2.25%), Copper: 0.04mg (2.06%), Vitamin E: 0.19mg (1.25%)