

SIDE DISH

Popovers

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$0.13	103 kcal

Popovers requires roughly 45 minutes from start to finish. This recipe serves 8. This side dish has 103 calories, 4g of protein, and 4g of fat per serving. For 13 cents per serving, this recipe covers 4% of your daily requirements of vitamins and minerals. 1 person found this recipe to be tasty and...

Ingredients

- ☐ 1 tablespoon butter or margarine, melted
- ☐ 2 eggs
- ☐ 1 cup all-purpose flour
- ☐ 1 cup milk
- ☐ ½ teaspoon salt

EQUIPMENT Oven, Hand mixer, Muffin tray

Method

- 1

Beat eggs with electric mixer until light and fluffy.
- 2

Add flour and milk alternately, beginning and ending with flour; beat well after each addition. Stir in butter and salt.
- 3

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.
- 4

Bake at 425 for 20 minutes; reduce heat to 350, and bake an additional 20 minutes.
- 5

Serve immediately.

Nutrition per serving

103	4 g	4 g	13 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.2 g · 8% of daily needs
Fibre			0.4 g · 2% of daily needs
Sugar			1.6 g · 2% of daily needs
Sodium			189 mg · 8% of daily needs
Cholesterol			44.6 mg · 15% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/popovers-148242