



Pumpkin Popovers



Vegetarian

READY IN



35 min.

SERVINGS



10

CALORIES



91 kcal

SIDE DISH

Ingredients

- ☐ 1 Tablespoons butter melted
- ☐ 1 tbsp additional butter for pan
- ☐ 2 large eggs
- ☐ 1 cups milk fat free
- ☐ 1 cup flour
- ☐ 0.3 cup pumpkin puree
- ☐ 0.5 tsp pumpkin spice
- ☐ 0.3 teaspoon salt

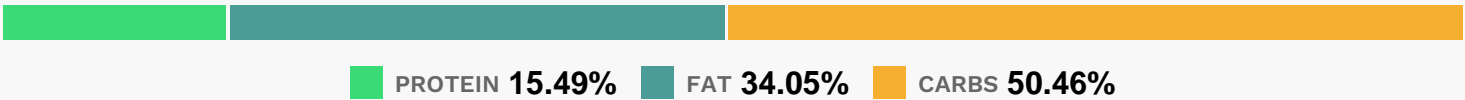
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 375°F.
- ☐ Cut the unmelted butter into 10 small chunks.
- ☐ Place a small chunk of butter at the bottom of each popover mold.
- ☐ Place the pans in the oven while the oven preheats until the butter is completely melted and then remove pans (about 2 minutes).
- ☐ In a large bowl, whisk together the eggs, milk and pumpkin puree.
- ☐ Add in the melted butter.
- ☐ Add the flour, spice and salt and mix until well combined but still slightly lumpy. Divide the batter among the pans, filling each mold 1/2 to 2/3 full.
- ☐ Bake for 30 minutes without opening for mini popovers.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:7.3, Inflammation Score:-6, Nutrition Score:4.7034782158292%

Nutrients (% of daily need)

Calories: 90.72kcal (4.54%), Fat: 3.41g (5.24%), Saturated Fat: 1.81g (11.3%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 10.84g (3.94%), Sugar: 1.52g (1.69%), Cholesterol: 44mg (14.67%), Sodium: 101.12mg (4.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.98%), Vitamin A: 1127.91IU (22.56%), Selenium: 7.86µg (11.23%), Vitamin B2: 0.14mg (8.47%), Vitamin B1: 0.12mg (7.84%), Folate: 28.91µg (7.23%), Phosphorus: 62.44mg (6.24%), Manganese: 0.11mg (5.58%), Iron: 0.86mg (4.77%), Calcium: 42.7mg (4.27%), Vitamin B3: 0.8mg (4%), Vitamin B12: 0.24µg (3.93%), Vitamin B5: 0.32mg (3.23%), Vitamin D: 0.47µg (3.13%), Potassium: 81.96mg (2.34%), Zinc: 0.34mg (2.28%), Magnesium: 8.47mg (2.12%), Fiber: 0.53g (2.11%), Vitamin B6: 0.04mg (2.03%), Copper: 0.03mg (1.64%),

Vitamin E: 0.24mg (1.63%), Vitamin K: 1.27µg (1.21%)