



## Rice Muffin Popovers

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



59 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1.5 teaspoons butter
- 1 large eggs
- 0.5 cup nonfat low-fat
- 0.5 cup rice flour sweet cooked

### Equipment

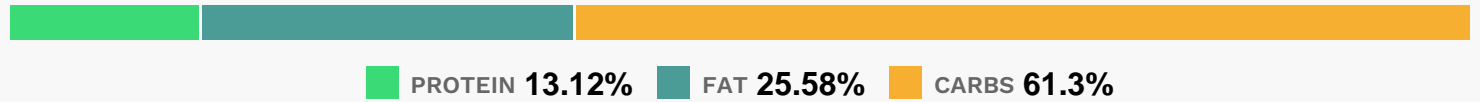
- bowl
- frying pan
- oven

- knife
- muffin liners

## Directions

- In a bowl, beat together to blend 1 1/2 teaspoons butter (if using cooked rice flour), 1 large egg, 1/2 cup nonfat or low-fat milk, 1/2 cup sweet or cooked rice flour, and 1/2 teaspoon salt (optional). At once, fill 8 well-buttered muffin cups (2 1/2 in.) equally with batter.
- Bake in a 375 oven until popovers are well browned, about 35 minutes (about 30 minutes in a convection oven). Run a knife between pan and popovers and ease out of pan.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:14.75, Glycemic Load:5.29, Inflammation Score:-1, Nutrition Score:1.8991304312063%

## Nutrients (% of daily need)

Calories: 58.6kcal (2.93%), Fat: 1.64g (2.52%), Saturated Fat: 0.8g (5%), Carbohydrates: 8.82g (2.94%), Net Carbohydrates: 8.58g (3.12%), Sugar: 0.77g (0.85%), Cholesterol: 26mg (8.67%), Sodium: 20.66mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Manganese: 0.12mg (6.11%), Selenium: 3.75µg (5.35%), Phosphorus: 37.59mg (3.76%), Vitamin B6: 0.06mg (3.16%), Vitamin B2: 0.05mg (3.04%), Vitamin B12: 0.15µg (2.45%), Calcium: 23.31mg (2.33%), Vitamin B5: 0.23mg (2.32%), Vitamin D: 0.29µg (1.91%), Vitamin A: 86.09IU (1.72%), Vitamin B1: 0.02mg (1.65%), Magnesium: 6.04mg (1.51%), Zinc: 0.22mg (1.5%), Vitamin B3: 0.28mg (1.4%), Potassium: 39.9mg (1.14%)