



Savory Dillweed Popovers

READY IN



55 min.

SERVINGS



5

CALORIES



162 kcal

SIDE DISH

Ingredients

- 1 cup bread flour
- 0.5 teaspoon dillweed dried
- 0.8 cup egg substitute
- 1 cup milk 1% low-fat
- 0.1 teaspoon onion powder
- 0.3 teaspoon salt
- 1 tablespoon sugar
- 1 tablespoon vegetable oil

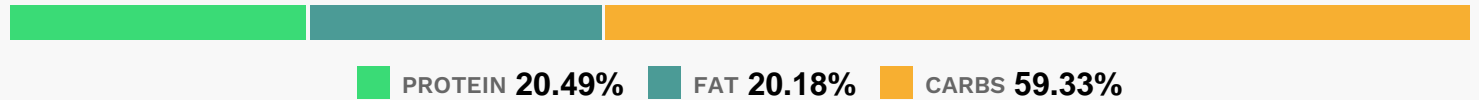
Equipment

- food processor
- bowl
- oven
- knife

Directions

- Position knife blade in food processor bowl; add first 8 ingredients. Process until smooth, stopping once to scrape down sides.
- Pour batter into popover pans coated with cooking spray, filling one-half full.
- Place in a cold oven. Turn oven on 450, and bake 15 minutes. Reduce heat to 350, and bake 35 to 40 additional minutes or until popovers are crusty and brown.

Nutrition Facts



Properties

Glycemic Index:27.42, Glycemic Load:13.42, Inflammation Score:-3, Nutrition Score:6.8943477622841%

Nutrients (% of daily need)

Calories: 161.53kcal (8.08%), Fat: 3.6g (5.53%), Saturated Fat: 0.74g (4.65%), Carbohydrates: 23.79g (7.93%), Net Carbohydrates: 23.17g (8.42%), Sugar: 5.54g (6.15%), Cholesterol: 2.36mg (0.79%), Sodium: 207.09mg (9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.22g (16.43%), Selenium: 25.81µg (36.87%), Vitamin B2: 0.22mg (12.99%), Manganese: 0.21mg (10.33%), Phosphorus: 99.49mg (9.95%), Calcium: 91.57mg (9.16%), Vitamin B5: 0.88mg (8.78%), Vitamin D: 1.1µg (7.3%), Vitamin B12: 0.41µg (6.84%), Vitamin B1: 0.09mg (6.05%), Vitamin E: 0.9mg (6.03%), Iron: 0.99mg (5.51%), Zinc: 0.77mg (5.16%), Potassium: 180.6mg (5.16%), Vitamin K: 5.2µg (4.95%), Magnesium: 17.82mg (4.46%), Vitamin B6: 0.09mg (4.38%), Folate: 14.99µg (3.75%), Vitamin A: 179.86IU (3.6%), Copper: 0.05mg (2.75%), Fiber: 0.62g (2.48%), Vitamin B3: 0.36mg (1.78%)