



## Savory Thanksgiving Popovers

READY IN



45 min.

SERVINGS



12

CALORIES



124 kcal

SIDE DISH

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 2 tablespoons butter melted
- 3 large eggs at room temperature
- 1 cup flour
- 1 cup milk at room temperature
- 6 tablespoons parmesan cheese grated
- 0.5 teaspoon salt
- 3 tablespoons skimmed fat from turkey drippings (see Notes)

## Equipment

- frying pan
- oven
- blender

## Directions

- Preheat oven to 42
- Generously brush every other cup in two 12-count muffin pans with melted butter (it will pool a bit in the bottom of the cups).
- In a blender, whirl eggs, milk, flour, 4 tbsp. parmesan, pan drippings, salt, and pepper.
- Pour mixture into prepared muffin pans (each cup should be about half full).
- Sprinkle with remaining 2 tbsp. parmesan.
- Bake until puffed and golden, about 20 minutes (don't worry if some popovers don't puff quite as high as others); reduce heat to 350 and bake until popovers are firm, 10 to 15 minutes.

## Nutrition Facts

**PROTEIN 13.25%** **FAT 56.49%** **CARBS 30.26%**

## Properties

Glycemic Index:16.25, Glycemic Load:6.11, Inflammation Score:-2, Nutrition Score:3.7743478067543%

## Nutrients (% of daily need)

Calories: 124.1kcal (6.2%), Fat: 7.73g (11.89%), Saturated Fat: 3.31g (20.71%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 9.03g (3.28%), Sugar: 1.06g (1.17%), Cholesterol: 59.4mg (19.8%), Sodium: 181.34mg (7.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.16%), Selenium: 8.66µg (12.37%), Vitamin B2: 0.15mg (8.59%), Phosphorus: 72.98mg (7.3%), Vitamin B1: 0.1mg (6.6%), Folate: 25.16µg (6.29%), Calcium: 56.38mg (5.64%), Vitamin B12: 0.26µg (4.31%), Vitamin D: 0.64µg (4.27%), Manganese: 0.08mg (4.02%), Iron: 0.72mg (3.98%), Vitamin A: 180.49IU (3.61%), Vitamin B3: 0.65mg (3.24%), Vitamin B5: 0.32mg (3.24%), Zinc: 0.43mg (2.86%), Vitamin E: 0.31mg (2.05%), Vitamin B6: 0.04mg (2.02%), Potassium: 64.35mg (1.84%), Magnesium: 7.19mg (1.8%), Copper: 0.03mg (1.28%), Fiber: 0.29g (1.15%)