



Teatime Perfect Popovers

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 2 large eggs lightly beaten at room temperature
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons butter unsalted cut into 6 pieces
- ☐ 1 cup milk whole at room temperature

Equipment

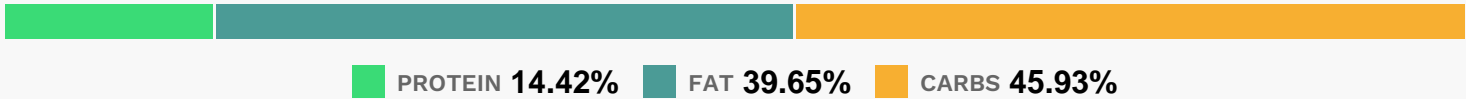
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ oven mitt

Directions

- ☐ Preheat the oven to 400° F for 20 minutes.
- ☐ Place 1 piece of butter in the bottom of each cup of a six-cup popover tin (or six 1/2-cup custard cups).
- ☐ Place the popover pan on a baking sheet.
- ☐ In a smaller bowl, lightly whisk the eggs until they change color.
- ☐ Whisk in the milk.
- ☐ In a medium bowl, whisk together the flour and salt until well blended. Gently whisk the egg mixture into the flour mixture until only small lumps are left, and set aside.
- ☐ Place the popover tin and baking sheet in the oven for 4 minutes. At 3 minutes, give the batter a light whisk. Using an oven mitt, remove the hot tin from the oven and immediately divide the batter among the prepared cups.
- ☐ Bake for 25 minutes without opening the oven door. The popovers will be puffy, with crisp brown crusts and hollow, moist interiors.
- ☐ Serve immediately.
- ☐ From The Tea Deck: 50 Ways to Prepare,
- ☐ Serve, and Enjoy by Sara Perry. Text © 2008 by Sara Perry. Reprinted with permission by Chronicle Books.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:12.22, Inflammation Score:-3, Nutrition Score:5.9152174306952%

Nutrients (% of daily need)

Calories: 157.53kcal (7.88%), Fat: 6.88g (10.58%), Saturated Fat: 3.71g (23.17%), Carbohydrates: 17.92g (5.97%), Net Carbohydrates: 17.36g (6.31%), Sugar: 2.08g (2.31%), Cholesterol: 76.91mg (25.64%), Sodium: 233.84mg (10.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.25%), Selenium: 13µg (18.57%), Vitamin B2: 0.24mg (13.93%), Vitamin B1: 0.19mg (12.88%), Folate: 46.1µg (11.52%), Phosphorus: 97.69mg (9.77%), Manganese: 0.15mg (7.45%), Iron: 1.26mg (7.01%), Vitamin B3: 1.29mg (6.44%), Calcium: 63.72mg (6.37%), Vitamin B12: 0.38µg (6.26%), Vitamin D: 0.85µg (5.67%), Vitamin A: 272.5IU (5.45%), Vitamin B5: 0.5mg (5.04%), Zinc: 0.53mg (3.55%), Vitamin B6: 0.06mg (3.12%), Potassium: 107.45mg (3.07%), Magnesium: 11.56mg (2.89%), Fiber: 0.56g (2.25%), Copper: 0.04mg (2.17%), Vitamin E: 0.32mg (2.11%)