



Veggie sausage popovers

 Vegetarian

READY IN



40 min.

SERVINGS



2

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 100 g flour plain
- ☐ 2 eggs
- ☐ 300 ml milk
- ☐ 2 tbsp olive oil
- ☐ 4 vegetarian hot dogs cooked sliced
- ☐ 1 small bell pepper red halved deseeded chopped

Equipment

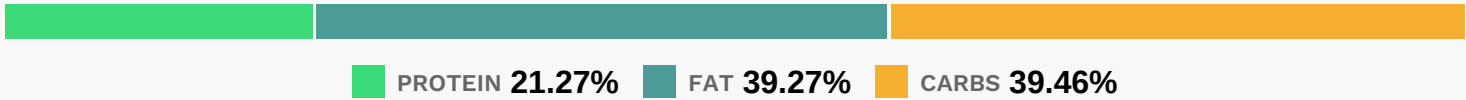
- ☐ bowl

- ☐ oven
- ☐ aluminum foil
- ☐ muffin tray

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Sift the flour and a pinch of salt into a large bowl. Make a well in the centre and crack in the eggs. Gradually mix the eggs with the flour, then slowly add the milk until you have a smooth, thin batter. Cover and chill for 30 mins.
- ☐ Drizzle the olive oil into 8 wells of a muffin tin.
- ☐ Heat in the oven for 5 mins or until the oil is smoking hot. Season the batter to taste, then carefully pour onto the hot oil.
- ☐ Sprinkle the sausage and pepper pieces over and return to the oven for 25–30 mins until risen and golden. Can be frozen at this stage for up to 1 month. To cook from frozen, cover tightly with foil and re-heat at 200C/fan 180C/gas 6 for 20–25 mins until piping hot.
- ☐ Serve with beany gravy (recipe below).

Nutrition Facts



Properties

Glycemic Index:72.5, Glycemic Load:30.81, Inflammation Score:-8, Nutrition Score:23.139999845754%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 571.12kcal (28.56%), Fat: 24.74g (38.06%), Saturated Fat: 6.29g (39.29%), Carbohydrates: 55.93g (18.64%), Net Carbohydrates: 51.8g (18.84%), Sugar: 13.29g (14.77%), Cholesterol: 182.24mg (60.75%), Sodium: 984.03mg (42.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.15g (60.3%), Vitamin C: 47.36mg (57.41%), Selenium: 33.43µg (47.76%), Vitamin B2: 0.69mg (40.77%), Iron: 7.33mg (40.71%), Vitamin B1: 0.52mg (34.45%), Vitamin A: 1646.68IU (32.93%), Folate: 129.2µg (32.3%), Phosphorus: 306.99mg (30.7%), Calcium:

225.15mg (22.52%), Vitamin E: 3.17mg (21.13%), Vitamin B12: 1.23µg (20.45%), Manganese: 0.4mg (20.05%), Vitamin B3: 3.51mg (17.55%), Vitamin D: 2.58µg (17.21%), Fiber: 4.13g (16.51%), Vitamin B5: 1.59mg (15.88%), Vitamin B6: 0.3mg (14.94%), Potassium: 424.48mg (12.13%), Zinc: 1.64mg (10.96%), Vitamin K: 10.99µg (10.46%), Magnesium: 39.28mg (9.82%), Copper: 0.11mg (5.58%)