

# Pimento Cheese Popovers

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*dashrecipes.com*

## Servings: 12

*cooking spray*  
*1 cup milk*  
*1 cup flour*  
*3 large eggs*  
*2 tablespoons butter, melted*  
*1/4 teaspoon salt*  
*1/4 cup pimento cheese (see recipe under appetizers/cold)*

Preheat the oven to 450 degrees.

Mist a twelve-cup muffin tin with cooking spray.

In a blender, combine the milk, flour, eggs, butter and salt.

Fill each muffin cup just over halfway with batter. Drop one teaspoon of pimento cheese into the center of each.

Bake for 25 minutes. Decrease the oven heat to 375 degrees.

Bake until puffed and golden with a cheese crater in the center, about 15 minutes.

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Per Serving (excluding unknown items): 86 Calories; 4g Fat (41.8% calories from fat); 3g Protein; 9g Carbohydrate; trace Dietary Fiber; 61mg Cholesterol; 92mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat.

Appetizers

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	86	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	41.8%	<b>Vitamin B12 (mcg):</b>	.2mcg
<b>% Calories from Carbohydrates:</b>	42.4%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	15.7%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	4g	<b>Folacin (mcg):</b>	10mcg
<b>Saturated Fat (g):</b>	2g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	1g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0

<b>Cholesterol (mg):</b>	61mg
<b>Carbohydrate (g):</b>	9g
<b>Dietary Fiber (g):</b>	trace
<b>Protein (g):</b>	3g
<b>Sodium (mg):</b>	92mg
<b>Potassium (mg):</b>	59mg
<b>Calcium (mg):</b>	33mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	trace
<b>Vitamin A (i.u.):</b>	159IU
<b>Vitamin A (r.e.):</b>	43RE

**% Daily Values** 0 0%

### Food Exchanges

<b>Grain (Starch):</b>	1/2
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 12

### Amount Per Serving

**Calories** 86 Calories from Fat: 36

### % Daily Values\*

<b>Total Fat</b> 4g	6%
Saturated Fat 2g	10%
<b>Cholesterol</b> 61mg	20%
<b>Sodium</b> 92mg	4%
<b>Total Carbohydrates</b> 9g	3%
Dietary Fiber trace	1%
<b>Protein</b> 3g	
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<b>Vitamin A</b>	3%
<b>Vitamin C</b>	0%
<b>Calcium</b>	3%
<b>Iron</b>	4%

\* Percent Daily Values are based on a 2000 calorie diet.