



## Blender Yorkshire Pudding

READY IN



90 min.

SERVINGS



6

CALORIES



126 kcal

SIDE DISH

### Ingredients

- 0.3 cup beef drippings divided
- 2 eggs
- 0.8 cup flour all-purpose
- 1 cup milk divided
- 0.5 teaspoon salt

### Equipment

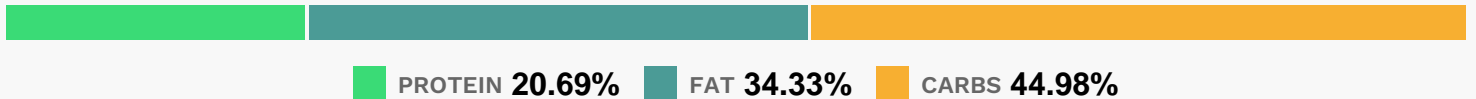
- bowl
- oven

- blender
- muffin liners
- muffin tray

## Directions

- Break eggs into a blender; blend for 2 to 3 minutes.
- Sift flour and salt together in a bowl; add flour mixture and 1/4 cup milk to blender. Blend until smooth, 1 minute. Scrape batter from sides of blender and pour in remaining 3/4 cup milk. Blend until smooth, 2 to 3 more minutes.
- Refrigerate batter 1 to 2 hours before cooking.
- Preheat an oven to 450 degrees F (230 degrees C).
- Pour 2 teaspoons of drippings into each of 6 muffin cups.
- Place muffin pan into oven and heat until drippings are very hot.
- Pour batter into each of the prepared muffin cups.
- Bake in the preheated oven until puddings puff up and are slightly browned, 20 to 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:18.83, Glycemic Load:9.35, Inflammation Score:-2, Nutrition Score:5.5891304897225%

## Nutrients (% of daily need)

Calories: 126.06kcal (6.3%), Fat: 4.72g (7.27%), Saturated Fat: 1.96g (12.24%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 13.51g (4.91%), Sugar: 2.05g (2.28%), Cholesterol: 66.1mg (22.03%), Sodium: 236.66mg (10.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.81%), Selenium: 11.98µg (17.11%), Vitamin B2: 0.21mg (12.6%), Vitamin B1: 0.16mg (10.36%), Phosphorus: 101.8mg (10.18%), Vitamin B12: 0.55µg (9.18%), Folate: 36.14µg (9.04%), Vitamin B3: 1.37mg (6.86%), Iron: 1.17mg (6.47%), Calcium: 62.38mg (6.24%), Zinc: 0.86mg (5.72%), Manganese: 0.11mg (5.69%), Vitamin D: 0.75µg (5%), Vitamin B5: 0.49mg (4.92%), Vitamin B6: 0.09mg (4.34%), Potassium: 123.31mg (3.52%), Magnesium: 11.68mg (2.92%), Vitamin A: 145.08IU (2.9%), Copper: 0.04mg (1.97%), Fiber: 0.42g (1.69%), Vitamin E: 0.22mg (1.48%)