



Classic Yorkshire Pudding

READY IN



95 min.

SERVINGS



8

CALORIES



138 kcal

SIDE DISH

Ingredients

- 3 tablespoons add carrot and onion to bacon fat . cook
- 2 eggs
- 1 cup flour all-purpose
- 0.5 teaspoon salt
- 1 cup milk whole

Equipment

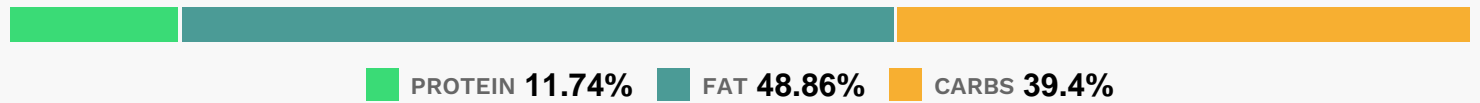
- bowl
- oven

- baking pan
- hand mixer

Directions

- In a large bowl, mix together the flour, milk, eggs and salt. Using an electric mixer, beat 5 minutes, until smooth. Cover and refrigerate 1 hour.
- Preheat oven to 425 degrees F (220 degrees C). Coat a 9x13 inch baking pan with beef or bacon drippings. Preheat the pan 15 minutes so the drippings are hot and sizzling.
- Remove the mixture from the refrigerator. Beat briefly, then scoop into the baking pan.
- Bake 20 minutes.
- Lower oven temperature to 375 degrees F (190 degrees C). Without opening the oven, continue baking 15 minutes. The mixture should be puffed and golden brown.
- Remove from oven and serve hot.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:9.17, Inflammation Score:-2, Nutrition Score:4.197391283253%

Nutrients (% of daily need)

Calories: 138kcal (6.9%), Fat: 7.4g (11.38%), Saturated Fat: 2.98g (18.65%), Carbohydrates: 13.43g (4.48%), Net Carbohydrates: 13.01g (4.73%), Sugar: 1.55g (1.72%), Cholesterol: 49.57mg (16.52%), Sodium: 180.74mg (7.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8%), Selenium: 9.25µg (13.22%), Vitamin B2: 0.17mg (9.97%), Vitamin B1: 0.14mg (9.61%), Folate: 33.76µg (8.44%), Phosphorus: 69.46mg (6.95%), Manganese: 0.11mg (5.56%), Iron: 0.92mg (5.1%), Vitamin B3: 0.96mg (4.81%), Calcium: 46.11mg (4.61%), Vitamin D: 0.69µg (4.58%), Vitamin B12: 0.26µg (4.38%), Vitamin B5: 0.35mg (3.51%), Zinc: 0.38mg (2.55%), Potassium: 77.68mg (2.22%), Vitamin B6: 0.04mg (2.21%), Vitamin A: 108.81IU (2.18%), Magnesium: 8.42mg (2.11%), Fiber: 0.42g (1.69%), Copper: 0.03mg (1.54%), Vitamin E: 0.17mg (1.14%)