



Herbed Yorkshire Puddings

READY IN



45 min.

SERVINGS



16

CALORIES



71 kcal

SIDE DISH

Ingredients

- 1 cup flour
- 3 large eggs
- 1 tablespoon chives fresh chopped
- 1 tablespoon parsley fresh chopped
- 1 teaspoon rosemary leaves fresh chopped
- 2 teaspoons sage fresh chopped
- 2 teaspoons thyme sprigs fresh chopped
- 6 tablespoons prime rib roast with madeira sauce and horseradish sauce
- 0.3 teaspoon salt

1 cup milk whole

Equipment

bowl

frying pan

oven

whisk

muffin liners

Directions

Whisk eggs in medium bowl to blend. Gradually whisk in milk. Sift flour and salt into egg mixture; whisk until well blended and smooth.

Whisk in all herbs.

Let batter stand at room temperature at least 30 minutes or refrigerate up to 3 hours. Rewhisk before using.

Preheat oven to 450°F.

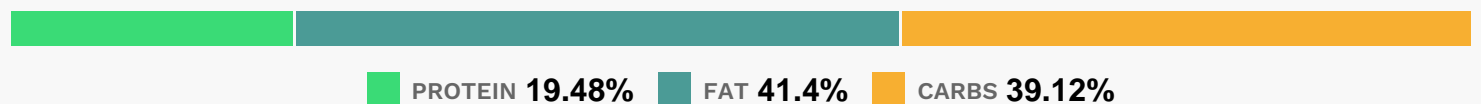
Place 16 standard (1/3 cup) metal muffin cups in oven to preheat 10 minutes.

Place 1 teaspoon drippings from rib roast in each muffin cup. Return pan to oven until drippings are very hot, about 8 minutes. Immediately spoon 2 generous tablespoonfuls batter atop hot drippings in each muffin cup.

Bake until puddings are golden and puffy, about 12 minutes (puddings will sink in center but edges will stay puffy).

Serve hot.

Nutrition Facts



Properties

Glycemic Index:14.69, Glycemic Load:4.6, Inflammation Score:-3, Nutrition Score:4.9573913553487%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 71.45kcal (3.57%), Fat: 3.23g (4.97%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 6.87g (2.29%), Net Carbohydrates: 6.59g (2.4%), Sugar: 0.79g (0.88%), Cholesterol: 40.7mg (13.57%), Sodium: 58.72mg (2.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.84%), Copper: 0.78mg (39.06%), Selenium: 6.97µg (9.95%), Vitamin B2: 0.11mg (6.57%), Vitamin B12: 0.32µg (5.31%), Vitamin B1: 0.08mg (5.29%), Phosphorus: 51.45mg (5.14%), Folate: 19.68µg (4.92%), Vitamin K: 4.6µg (4.38%), Manganese: 0.09mg (4.38%), Iron: 0.71mg (3.95%), Vitamin B3: 0.65mg (3.23%), Zinc: 0.45mg (3.01%), Calcium: 28.89mg (2.89%), Vitamin B5: 0.25mg (2.54%), Vitamin D: 0.36µg (2.37%), Vitamin B6: 0.05mg (2.36%), Vitamin A: 116.6IU (2.33%), Potassium: 63.33mg (1.81%), Magnesium: 6.6mg (1.65%), Fiber: 0.28g (1.11%), Vitamin C: 0.84mg (1.02%)