



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

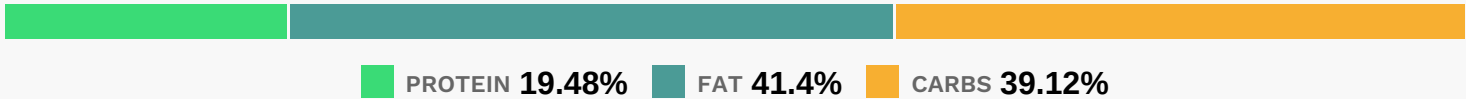
Equipment

- ☐ 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: Og (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%), Manganese: 0.09mg (4.38%), Vitamin K: 4.6µg (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: 116.61IU (2.33%), Potassium: 63.33mg (1.81%), Magnesium: 6.6mg (1.65%), Fiber: 0.28g (1.11%), Vitamin C: 0.84mg (1.02%)