



Individual Mockshire Puddings

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



182 kcal

Ingredients

- ☐ 4 ounce cheese blue crumbled
- ☐ 4 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 1.5 cups milk
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup vegetable oil divided

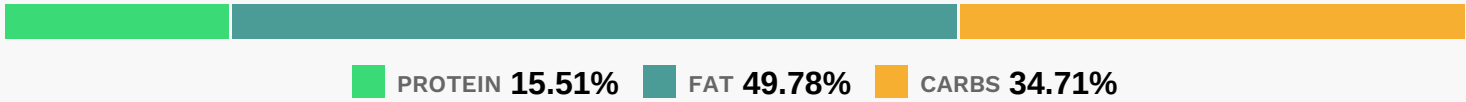
Equipment

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat first 4 ingredients at medium speed with an electric mixer until smooth; stir in cheese, and let stand 10 minutes.
- ☐ Brush each muffin cup with 1 teaspoon oil, and place in a 450 oven for 10 minutes.
- ☐ Remove from oven and spoon in batter, filling each cup three-quarters full.
- ☐ Bake at 450 for 25 minutes or until browned and puffy.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:10.66, Inflammation Score:-3, Nutrition Score:6.523478238479%

Nutrients (% of daily need)

Calories: 181.99kcal (9.1%), Fat: 9.99g (15.37%), Saturated Fat: 3.58g (22.36%), Carbohydrates: 15.68g (5.23%), Net Carbohydrates: 15.18g (5.52%), Sugar: 1.63g (1.81%), Cholesterol: 72.75mg (24.25%), Sodium: 192.74mg (8.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.01%), Selenium: 13.25µg (18.92%), Vitamin B2: 0.24mg (14.38%), Phosphorus: 120.06mg (12.01%), Vitamin B1: 0.17mg (11.31%), Folate: 44.59µg (11.15%), Calcium: 99.51mg (9.95%), Vitamin K: 8.78µg (8.36%), Vitamin B12: 0.43µg (7.14%), Manganese: 0.13mg (6.56%), Iron: 1.17mg (6.49%), Vitamin B5: 0.61mg (6.12%), Vitamin B3: 1.22mg (6.09%), Zinc: 0.72mg (4.79%), Vitamin D: 0.72µg (4.77%), Vitamin A: 211.51IU (4.23%), Vitamin E: 0.6mg (3.98%), Vitamin B6: 0.07mg (3.53%), Potassium: 112.46mg (3.21%), Magnesium: 11.85mg (2.96%), Copper: 0.04mg (2.12%), Fiber: 0.49g (1.97%)