



## Mini Prime Ribs and Yorkshire Puddings

READY IN



45 min.

SERVINGS



64

CALORIES



102 kcal

SIDE DISH

### Ingredients

- 3 large eggs lightly beaten
- 1 cup flour all-purpose
- 64 servings garnish: green onions sliced
- 64 servings horseradish prepared
- 1 cup milk
- 1 teaspoon pepper
- 4 pound prime rib roast bone-in
- 1 teaspoon salt

## Equipment

- frying pan
- oven
- roasting pan
- aluminum foil
- muffin tray

## Directions

- Stir together eggs, flour, and milk; cover and chill batter 8 hours.
- Sprinkle roast with salt and pepper.
- Place roast on a foil-lined rack in a roasting pan.
- Bake at 500 for 30 minutes. Reduce temperature to 350, and bake 30 minutes. Increase temperature to 450; bake 35 more minutes or to desired degree of doneness.
- Remove roast, and let stand 15 minutes before thinly slicing, reserving about 1/2 cup drippings in pan.
- Spoon drippings into miniature muffin pan cups, filling one-fourth full.
- Bake at 450 for 2 minutes or until thoroughly heated.
- Stir chilled batter; spoon into miniature muffin pans, filling half full.
- Bake at 450 for 9 minutes or until puffy and golden.
- Remove from oven, and make a well in center of pudding. Arrange Prime rib slices in centers; top with horseradish sauce or horseradish.
- Garnish, if desired.
- Serve warm.
- \*1/2 cup sour cream, 1 tablespoon prepared horseradish, 2 tablespoons lemon juice, and 1/4 teaspoon salt combined may be substituted for horseradish sauce.
- Note: Freeze Yorkshire Puddings, if desired.
- Let thaw at room temperature 30 minutes; reheat at 400 for 5 to 7 minutes. Assemble as directed.

## Nutrition Facts

PROTEIN 18.38% FAT 70.88% CARBS 10.74%

## Properties

Glycemic Index:3.31, Glycemic Load:1.38, Inflammation Score:-1, Nutrition Score:3.6647826057413%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 101.69kcal (5.08%), Fat: 7.95g (12.23%), Saturated Fat: 3.3g (20.64%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 2.33g (0.85%), Sugar: 0.74g (0.82%), Cholesterol: 26.32mg (8.77%), Sodium: 75.74mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Vitamin K: 12.56µg (11.96%), Vitamin B12: 0.7µg (11.65%), Selenium: 6.56µg (9.37%), Zinc: 0.98mg (6.55%), Phosphorus: 50.62mg (5.06%), Vitamin B6: 0.09mg (4.42%), Vitamin B3: 0.83mg (4.14%), Vitamin B2: 0.06mg (3.68%), Iron: 0.65mg (3.61%), Folate: 12.56µg (3.14%), Potassium: 102.96mg (2.94%), Vitamin C: 2.37mg (2.88%), Vitamin B1: 0.04mg (2.75%), Magnesium: 7.58mg (1.9%), Manganese: 0.04mg (1.84%), Vitamin A: 78.92IU (1.58%), Calcium: 15.72mg (1.57%), Fiber: 0.38g (1.53%), Vitamin B5: 0.14mg (1.4%), Copper: 0.03mg (1.32%)