



Mini Yorkshire Pudding with Roast Beef

READY IN



120 min.

SERVINGS



8

CALORIES



240 kcal

SIDE DISH

Ingredients

- ☐ 1 inch chives for garnish
- ☐ 3 large eggs at room temperature
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup horseradish prepared
- ☐ 2 cups milk at room temperature
- ☐ 0.5 pound pan drippings from roast beef preferably thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons butter unsalted melted plus more for greasing

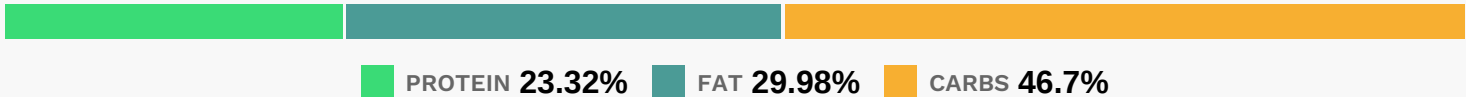
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ muffin tray

Directions

- ☐ Whisk together the flour and salt in a large bowl. In a separate bowl beat together the eggs, milk and butter. Make a well in the flour and whisk in the wet ingredients gradually until fully combined and smooth. Cover the bowl with plastic wrap and allow the batter to rest for 1 hour at room temperature.
- ☐ Preheat the oven to 400 degrees F. Grease 3 mini nonstick muffin tins.
- ☐ Place the tins in the oven to heat up for at least 10 minutes. Give the batter a quick stir and pour it into each muffin cup filling halfway leaving room for them to rise.
- ☐ Place in the oven and do not open for 30 minutes. They should rise after 30 minutes and be golden all over.
- ☐ Remove from oven. Top with a thin slice of roast beef and a small dollop of horseradish on each pudding.
- ☐ Garnish with sprig of chive.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:18.55, Inflammation Score:-4, Nutrition Score:11.853478120721%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg,

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Nutrients (% of daily need)

Calories: 239.97kcal (12%), Fat: 7.93g (12.19%), Saturated Fat: 3.92g (24.47%), Carbohydrates: 27.78g (9.26%), Net Carbohydrates: 26.68g (9.7%), Sugar: 3.7g (4.11%), Cholesterol: 100.75mg (33.58%), Sodium: 654.33mg (28.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.87g (27.74%), Selenium: 19.66µg (28.08%), Vitamin B2: 0.36mg (21.32%), Vitamin B3: 4.06mg (20.31%), Vitamin B1: 0.3mg (20.05%), Phosphorus: 190.55mg (19.05%), Folate: 73.29µg (18.32%), Vitamin C: 14.81mg (17.95%), Calcium: 175.02mg (17.5%), Vitamin B12: 0.98µg (16.4%), Iron: 2.41mg (13.4%), Zinc: 1.8mg (12.01%), Manganese: 0.24mg (11.87%), Vitamin B6: 0.2mg (10.11%), Vitamin B5: 0.75mg (7.49%), Vitamin D: 1.1µg (7.32%), Potassium: 250.45mg (7.16%), Magnesium: 24.63mg (6.16%), Vitamin A: 301.51IU (6.03%), Fiber: 1.1g (4.4%), Copper: 0.08mg (4.22%), Vitamin E: 0.33mg (2.19%), Vitamin K: 1.35µg (1.29%)