

# Quick and Easy Yorkshire Pudding

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



83 kcal

SIDE DISH

## Ingredients

- 2 tablespoons butter
- 3 eggs
- 1 cup flour all-purpose
- 1 cup milk

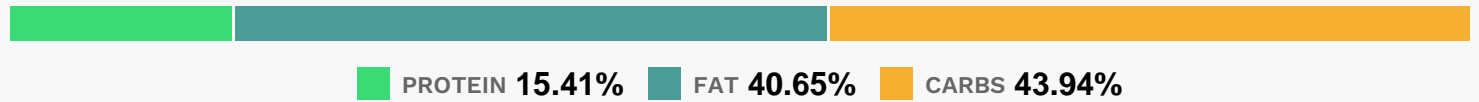
## Equipment

- bowl
- oven
- muffin tray

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a medium bowl, beat eggs with milk. Stir in flour. Set aside.
- Divide butter evenly into the twelve cups of a muffin tin, about 1/2 teaspoon per cup.
- Place tin in oven to melt butter, 2 to 5 minutes.
- Remove tin from oven, and distribute batter evenly among buttery cups.
- Bake in preheated oven 5 minutes. Reduce heat to 350 degrees F (175 degrees C), and bake 25 minutes more or until puffed and golden.

## Nutrition Facts



## Properties

Glycemic Index:13.58, Glycemic Load:6.11, Inflammation Score:-2, Nutrition Score:3.1904347629651%

## Nutrients (% of daily need)

Calories: 82.58kcal (4.13%), Fat: 3.69g (5.68%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 8.98g (2.99%), Net Carbohydrates: 8.7g (3.16%), Sugar: 1.05g (1.16%), Cholesterol: 48.38mg (16.13%), Sodium: 38.56mg (1.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Selenium: 7.32µg (10.45%), Vitamin B2: 0.13mg (7.68%), Vitamin B1: 0.1mg (6.51%), Folate: 24.3µg (6.08%), Phosphorus: 54.13mg (5.41%), Iron: 0.68mg (3.76%), Manganese: 0.07mg (3.75%), Vitamin B12: 0.21µg (3.53%), Calcium: 33.29mg (3.33%), Vitamin B3: 0.65mg (3.23%), Vitamin A: 150.65IU (3.01%), Vitamin D: 0.44µg (2.96%), Vitamin B5: 0.29mg (2.93%), Zinc: 0.3mg (2%), Vitamin B6: 0.04mg (1.79%), Potassium: 57.39mg (1.64%), Magnesium: 6.1mg (1.52%), Vitamin E: 0.19mg (1.24%), Copper: 0.02mg (1.16%), Fiber: 0.28g (1.13%)