



## Roast Beef and Yorkshire Pudding

READY IN



120 min.

SERVINGS



4

CALORIES



510 kcal

SIDE DISH

### Ingredients

- ☐ 2 eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 4 servings garlic powder to taste
- ☐ 1 cup milk
- ☐ 4 servings pepper freshly ground to taste
- ☐ 2 pounds top round beef roast
- ☐ 0.3 teaspoon salt

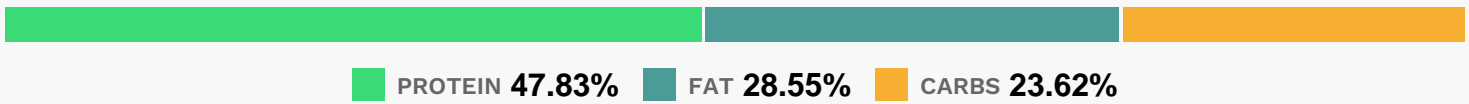
### Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ muffin tray

## Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Wash roast and sprinkle with garlic powder, salt and pepper. Insert a meat thermometer into the thickest part of the roast, making sure it doesn't touch any bone or fat.
- ☐ Bake on a wire rack inside of a large roasting pan in the preheated oven for 90 minutes, or to desired doneness. For medium-rare, the meat thermometer should read 135 degrees F (57 degrees C).
- ☐ Remove roast from pan, reserving drippings.
- ☐ In a small mixing bowl, beat the two eggs until frothy. In another small bowl, mix the salt and flour. Stir the beaten eggs into the flour. Stirring constantly, gradually pour in the milk.
- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Pour the reserved pan drippings into a medium muffin tin.
- ☐ Place in the preheated oven for 3 minutes.
- ☐ Remove from heat and pour the egg, flour and milk mixture into the hot drippings. Return muffin tin to the oven and bake for 20 minutes, or until fluffy and golden brown.

## Nutrition Facts



## Properties

Glycemic Index:37.5, Glycemic Load:18.44, Inflammation Score:-5, Nutrition Score:32.55478240258%

## Nutrients (% of daily need)

Calories: 509.51kcal (25.48%), Fat: 15.62g (24.04%), Saturated Fat: 5.73g (35.84%), Carbohydrates: 29.1g (9.7%), Net Carbohydrates: 27.96g (10.17%), Sugar: 3.17g (3.53%), Cholesterol: 229.77mg (76.59%), Sodium: 329.21mg (14.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.9g (117.8%), Selenium: 82.05µg (117.22%), Vitamin B3: 17.28mg (86.38%), Vitamin B6: 1.62mg (80.96%), Vitamin B12: 4.72µg (78.68%), Zinc: 10.28mg (68.52%), Phosphorus: 639.11mg (63.91%), Vitamin B2: 0.71mg (41.55%), Iron: 6.69mg (37.15%), Vitamin B1: 0.51mg (34.16%), Potassium: 965.82mg (27.59%), Folate: 98.44µg (24.61%), Magnesium: 73.75mg (18.44%), Vitamin B5: 1.71mg (17.14%), Copper: 0.3mg (15.06%), Manganese: 0.3mg (14.8%), Calcium: 138.03mg (13.8%), Vitamin D: 1.11µg (7.41%), Vitamin E: 0.98mg (6.55%), Fiber: 1.14g (4.56%), Vitamin A: 218.17IU (4.36%), Vitamin K: 3.24µg (3.09%)