



Sky High Yorkshire Pudding

 Vegetarian

READY IN



50 min.

SERVINGS



12

CALORIES



161 kcal

SIDE DISH

Ingredients

- 4 eggs
- 2 cups flour all-purpose
- 2 cups milk
- 0.3 cup vegetable oil

Equipment

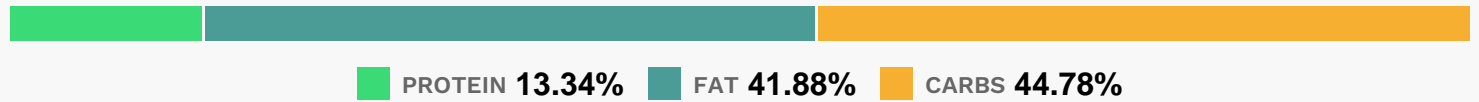
- bowl
- ladle
- oven

- whisk
- muffin liners

Directions

- Preheat the oven to 450 degrees F (230 degrees C).
- In a large bowl, whisk together the eggs and milk until well blended.
- Whisk in the flour one cup at a time until frothy and well blended. Set aside.
- Distribute the oil equally among 12 muffin cups, a little over a teaspoon per cup.
- Place in the oven for 5 to 10 minutes, until smoking.
- Remove from the oven and quickly ladle about 1/4 cup of batter into each cup.
- Bake for 30 to 35 minutes in the preheated oven.
- Serve immediately. I turn my oven off and leave the door partially open with the yorkies inside to keep them from deflating while waiting for everyone to ask for seconds.

Nutrition Facts



Properties

Glycemic Index:9.42, Glycemic Load:12.22, Inflammation Score:-2, Nutrition Score:5.9834782662599%

Nutrients (% of daily need)

Calories: 161.35kcal (8.07%), Fat: 7.44g (11.45%), Saturated Fat: 1.94g (12.13%), Carbohydrates: 17.9g (5.97%), Net Carbohydrates: 17.34g (6.31%), Sugar: 2.07g (2.3%), Cholesterol: 59.44mg (19.81%), Sodium: 36.7mg (1.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.67%), Selenium: 12.34µg (17.63%), Vitamin B2: 0.23mg (13.3%), Vitamin B1: 0.19mg (12.81%), Folate: 45.02µg (11.25%), Phosphorus: 92.61mg (9.26%), Vitamin K: 8.58µg (8.17%), Manganese: 0.15mg (7.39%), Iron: 1.22mg (6.8%), Vitamin B3: 1.28mg (6.42%), Calcium: 61.36mg (6.14%), Vitamin B12: 0.35µg (5.84%), Vitamin D: 0.74µg (4.94%), Vitamin B5: 0.47mg (4.68%), Vitamin E: 0.56mg (3.72%), Zinc: 0.5mg (3.35%), Potassium: 103.53mg (2.96%), Vitamin B6: 0.06mg (2.95%), Vitamin A: 145.08IU (2.9%), Magnesium: 11.22mg (2.81%), Fiber: 0.56g (2.25%), Copper: 0.04mg (2.05%)