



## Yorkshire Pudding

READY IN



95 min.

SERVINGS



8

CALORIES



158 kcal

SIDE DISH

### Ingredients

- 0.5 cup beef drippings
- 3 eggs room temperature
- 1.5 cups flour all-purpose
- 0.8 cup milk room temperature
- 0.8 teaspoon salt
- 0.8 cup water

### Equipment

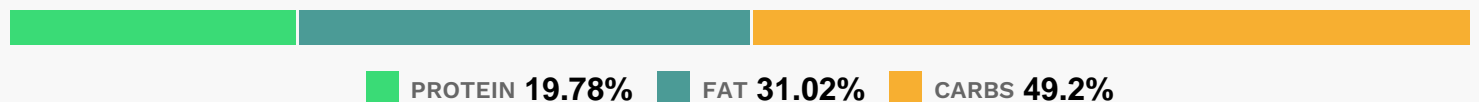
- oven

- whisk
- baking pan

## Directions

- Mix flour and salt together until blended. Make a well in the flour, add the milk, and whisk until consistent. Beat the eggs into the batter.
- Add water and beat again until the mixture is light and frothy. Set aside for an hour (or, if it's the day before, cover in the fridge overnight).
- If the batter has been refrigerated, allow it to come up to room temperature before using. When the roast beef is ready to come out of the oven, ready the mixture.
- Preheat oven to 400 degrees F (205 degrees C).
- Pour off drippings from roast beef and measure out desired amount (about 1/2 cup should do).
- Pour drippings into a 9x12 inch baking dish and place into the oven until the drippings sizzle.
- Pour the batter over the drippings and bake for 30 minutes (or until the sides have risen and are golden brown).
- Cut into eight portions and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:14.13, Glycemic Load:13.35, Inflammation Score:-2, Nutrition Score:6.6521738676921%

## Nutrients (% of daily need)

Calories: 158.35kcal (7.92%), Fat: 5.34g (8.22%), Saturated Fat: 2.06g (12.86%), Carbohydrates: 19.07g (6.36%), Net Carbohydrates: 18.44g (6.71%), Sugar: 1.22g (1.36%), Cholesterol: 74.11mg (24.7%), Sodium: 261.14mg (11.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.66g (15.33%), Selenium: 15.56µg (22.22%), Vitamin B2: 0.24mg (14.33%), Vitamin B1: 0.21mg (13.96%), Folate: 51.63µg (12.91%), Phosphorus: 103.31mg (10.33%), Vitamin B3: 2.01mg (10.07%), Vitamin B12: 0.57µg (9.52%), Iron: 1.65mg (9.17%), Manganese: 0.17mg (8.37%), Zinc: 1.06mg (7.08%), Vitamin B5: 0.51mg (5.12%), Vitamin B6: 0.1mg (4.89%), Calcium: 44.22mg (4.42%), Vitamin D: 0.6µg (3.97%), Potassium: 120.17mg (3.43%), Magnesium: 12.5mg (3.12%), Copper: 0.06mg (2.91%), Fiber: 0.63g (2.53%), Vitamin A: 126.16IU (2.52%), Vitamin E: 0.26mg (1.71%)