



Yorkshire Pudding

READY IN



45 min.

SERVINGS



12

CALORIES



74 kcal

SIDE DISH

Ingredients

- 3 eggs slightly beaten
- 15 tablespoons flour (a scant cup)
- 1 cup milk
- 0.5 cup pan drippings from roast beef preferably
- 1 teaspoon salt

Equipment

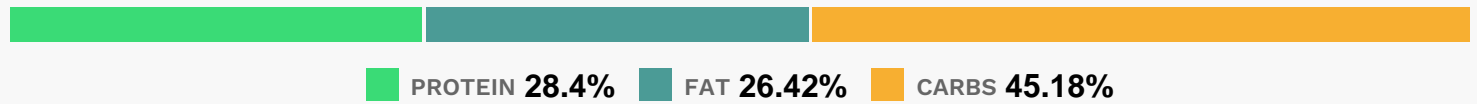
- bowl
- oven

- sieve
- muffin tray

Directions

- Preheat oven to 400–450 F depending on your oven, once you have made these a few times you will work out the best temperature. Pass the flour and salt through a sieve and mix together, in a separate bowl beat the eggs and milk then combine the two
- Pour the dripping into your yorkshire tray, a muffin or cupcake tray would probably work too and place in the oven to get the oil nice and hot. Take the oil out of the oven and spoon a couple of tablespoons into each section of your pan.
- Place back in the oven and cook for 20 minutes or so. Do not open the oven once added, this is very important, if you don't leave them alone you will get flat doughy puddings.

Nutrition Facts



Properties

Glycemic Index: 9.42, Glycemic Load: 5.54, Inflammation Score: -1, Nutrition Score: 4.1008695652174%

Taste

Sweetness: 46.85%, Saltiness: 100%, Sourness: 26.22%, Bitterness: 15.82%, Savoriness: 60.91%, Fattiness: 66.84%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 73.88kcal (3.69%), Fat: 2.13g (3.28%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 8.21g (2.74%), Net Carbohydrates: 7.96g (2.89%), Sugar: 1.04g (1.16%), Cholesterol: 48.98mg (16.33%), Sodium: 365.68mg (15.9%), Protein: 5.16g (10.32%), Selenium: 7.6µg (10.86%), Vitamin B2: 0.14mg (8.05%), Phosphorus: 71.47mg (7.15%), Vitamin B3: 1.32mg (6.58%), Vitamin B1: 0.09mg (6.25%), Vitamin B12: 0.38µg (6.25%), Calcium: 60.3mg (6.03%), Folate: 23.22µg (5.81%), Vitamin C: 4.44mg (5.38%), Iron: 0.84mg (4.65%), Zinc: 0.65mg (4.32%), Vitamin B6: 0.07mg (3.73%), Manganese: 0.07mg (3.51%), Vitamin B5: 0.32mg (3.15%), Vitamin D: 0.44µg (2.96%), Potassium: 83.35mg (2.38%), Magnesium: 7.9mg (1.97%), Vitamin A: 92.34IU (1.85%), Copper: 0.03mg (1.43%), Fiber: 0.25g (1.01%)