



Yorkshire Pudding

 Popular

READY IN



100 min.

SERVINGS



6

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 1 cup flour
- ☐ 0.5 teaspoon salt
- ☐ 1 cup milk
- ☐ 2 tablespoons butter melted
- ☐ 2 eggs beaten
- ☐ 2 tablespoons roast drippings

Equipment

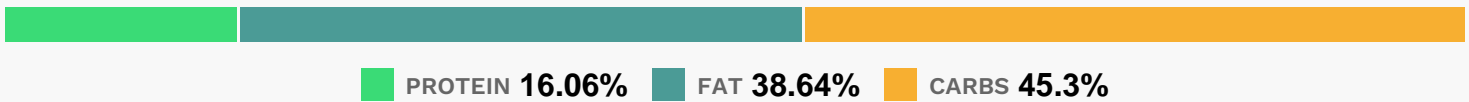
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ casserole dish
- ☐ muffin tray

Directions

- ☐ Make batter:
- ☐ Whisk together the flour and salt in a large bowl. Form a well in the center.
- ☐ Add the milk, melted butter, and eggs and beat until the batter is completely smooth (no lumps), the consistency of whipping cream.
- ☐ Let sit for an hour.
- ☐ Heat oven to 450°F.
- ☐ Add roast drippings to a 9x12-inch pyrex or ceramic casserole dish, coating the bottom of the dish.
- ☐ Heat the dish in the oven for 10 minutes.
- ☐ For a popover version you can use a popover pan or a muffin pan, putting at least a teaspoon of drippings in the bottom of each well, and place in oven for just a couple minutes.
- ☐ Pour batter into dish, bake: Carefully pour the batter into the pan (or the wells of muffin/popover pans, filling just 1/3 full), once the pan is hot.
- ☐ Cook for 15 minutes at 450°F, then reduce the heat to 350°F and cook for 15 to 20 more minutes, until puffy and golden brown.
- ☐ Cut into squares to serve.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:12.22, Inflammation Score:-3, Nutrition Score:6.2426087337991%

Nutrients (% of daily need)

Calories: 159.5kcal (7.97%), Fat: 6.79g (10.44%), Saturated Fat: 3.69g (23.05%), Carbohydrates: 17.91g (5.97%), Net Carbohydrates: 17.34g (6.31%), Sugar: 2.07g (2.3%), Cholesterol: 69.47mg (23.16%), Sodium: 262.61mg (11.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.35g (12.69%), Selenium: 13.16µg (18.81%), Vitamin B2: 0.24mg (14.17%), Vitamin B1: 0.2mg (13.35%), Folate: 45.16µg (11.29%), Phosphorus: 104.33mg (10.43%), Vitamin B3: 1.61mg (8.06%), Manganese: 0.15mg (7.44%), Iron: 1.34mg (7.43%), Vitamin B12: 0.45µg (7.42%), Calcium: 62.8mg (6.28%), Vitamin A: 261.7IU (5.23%), Vitamin B6: 0.1mg (5.15%), Vitamin B5: 0.5mg (5.04%), Vitamin D: 0.74µg (4.94%), Zinc: 0.71mg (4.74%), Potassium: 122.78mg (3.51%), Magnesium: 12.5mg (3.13%), Copper: 0.05mg (2.41%), Fiber: 0.56g (2.25%), Vitamin E: 0.3mg (1.97%)