

# Yorkshire Pudding

 Popular

READY IN



35 min.

SERVINGS



12

CALORIES



77 kcal

SIDE DISH

## Ingredients

- ☐ 3 large eggs lightly beaten
- ☐ 1 cup flour
- ☐ 1 cup milk
- ☐ 6 tablespoons roast beef drippings melted (or butter, oil or lard)
- ☐ 0.5 teaspoon salt

## Equipment

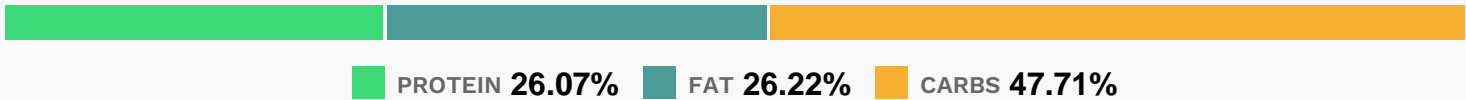
- ☐ bowl
- ☐ oven

☐ muffin tray

## Directions

- ☐ Mix the four, milk, eggs, salt and 2 tablespoons of the drippings in a large bowl until smooth.Divide the remaining drippings between 12 muffin holes in a muffin pan and place in a preheated 450F oven for 5 minutes.Carefully pull the pan out of the oven and spoon the batter into each muffin hole filling them about half way.Return the pan to the oven and bake for 20 minutes, reduce the heat to 350F and bake until golden brown all over, about 10 minutes.
- ☐ Remove from oven and enjoy while still warm.

## Nutrition Facts



## Properties

Glycemic Index:9.42, Glycemic Load:6.11, Inflammation Score:-1, Nutrition Score:4.0947826112742%

## Nutrients (% of daily need)

Calories: 76.86kcal (3.84%), Fat: 2.2g (3.39%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 9.01g (3%), Net Carbohydrates: 8.73g (3.17%), Sugar: 1.05g (1.17%), Cholesterol: 53.15mg (17.72%), Sodium: 233.85mg (10.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.84%), Selenium: 8.25µg (11.79%), Vitamin B2: 0.15mg (8.57%), Phosphorus: 70.81mg (7.08%), Vitamin B1: 0.1mg (6.77%), Folate: 25.61µg (6.4%), Vitamin B3: 1.2mg (5.98%), Vitamin B12: 0.35µg (5.78%), Calcium: 54.33mg (5.43%), Iron: 0.86mg (4.77%), Vitamin C: 3.33mg (4.03%), Zinc: 0.58mg (3.9%), Manganese: 0.08mg (3.85%), Vitamin B6: 0.07mg (3.39%), Vitamin B5: 0.34mg (3.35%), Vitamin D: 0.47µg (3.16%), Potassium: 79.62mg (2.27%), Vitamin A: 100.44IU (2.01%), Magnesium: 7.79mg (1.95%), Copper: 0.03mg (1.47%), Fiber: 0.28g (1.13%)