

Yorkshire Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



158 kcal

SIDE DISH

Ingredients

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

Equipment

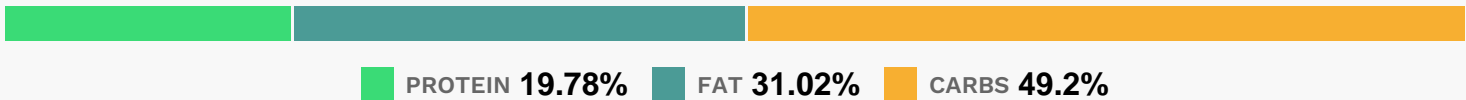
- ☐ oven

- ☐ 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).
- ☐ 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: Og (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%)