



Yorkshire Pudding

READY IN



45 min.

SERVINGS



12

CALORIES



91 kcal

SIDE DISH

Ingredients

- ☐ 3 large eggs beaten
- ☐ 6 tablespoons roast pan drippings
- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 cup milk
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup water

Equipment

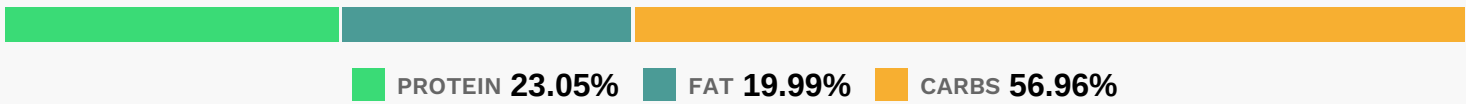
- ☐ frying pan

- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Whisk together first 5 ingredients until smooth. Cover and chill 30 minutes.
- ☐ Spoon 1/2 tablespoon pan drippings into each of 12 popover or muffin cups, and tilt to coat.
- ☐ Bake at 425 for 5 minutes. Quickly pour cold batter into hot pan; do not stir.
- ☐ Bake for 15 minutes; reduce oven temperature to 350, and bake an additional 15 minutes or until golden.
- ☐ *Note: If pan drippings are not sufficient, supplement with olive oil.

Nutrition Facts



Properties

Glycemic Index:9.42, Glycemic Load:8.9, Inflammation Score:-2, Nutrition Score:4.6000000287009%

Nutrients (% of daily need)

Calories: 91.15kcal (4.56%), Fat: 1.99g (3.05%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 12.73g (4.24%), Net Carbohydrates: 12.3g (4.47%), Sugar: 0.82g (0.91%), Cholesterol: 48.33mg (16.11%), Sodium: 173.12mg (7.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.3%), Selenium: 10.59µg (15.13%), Vitamin B2: 0.18mg (10.31%), Vitamin B1: 0.15mg (9.86%), Folate: 34.47µg (8.62%), Phosphorus: 72.92mg (7.29%), Vitamin B3: 1.44mg (7.19%), Iron: 1.11mg (6.18%), Manganese: 0.11mg (5.59%), Vitamin B12: 0.32µg (5.41%), Vitamin B6: 0.1mg (5.17%), Zinc: 0.64mg (4.28%), Vitamin B5: 0.36mg (3.64%), Calcium: 28.93mg (2.89%), Vitamin D: 0.42µg (2.79%), Potassium: 84.01mg (2.4%), Copper: 0.04mg (2.24%), Magnesium: 8.69mg (2.17%), Vitamin A: 92.21IU (1.84%), Fiber: 0.42g (1.69%)