

Yorkshire Pudding I

 Vegetarian

READY IN



110 min.

SERVINGS



3

CALORIES



680 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 4 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1.3 cups milk

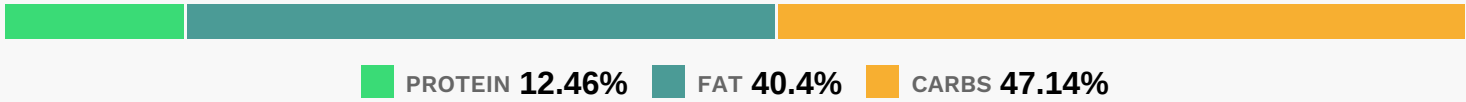
Equipment

- ☐ oven
- ☐ blender
- ☐ casserole dish

Directions

- ☐ Mix flour, eggs and milk in a blender until smooth.
- ☐ Let sit for 1 hour, then put butter in a casserole dish and melt.
- ☐ Add batter.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Bake pudding for 20 minutes in preheated oven, then lower temperature to 350 degrees F (175 degrees C) and bake for another 15 minutes. When golden, cut up and serve.

Nutrition Facts



Properties

Glycemic Index:54.33, Glycemic Load:55.49, Inflammation Score:-8, Nutrition Score:23.000434875488%

Nutrients (% of daily need)

Calories: 679.63kcal (33.98%), Fat: 30.24g (46.52%), Saturated Fat: 16.84g (105.26%), Carbohydrates: 79.38g (26.46%), Net Carbohydrates: 76.75g (27.91%), Sugar: 5.38g (5.98%), Cholesterol: 284.67mg (94.89%), Sodium: 286.06mg (12.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.98g (41.97%), Selenium: 53.15µg (75.93%), Vitamin B1: 0.84mg (56.32%), Vitamin B2: 0.9mg (52.78%), Folate: 206.25µg (51.56%), Manganese: 0.68mg (34.18%), Phosphorus: 329.9mg (32.99%), Iron: 5.54mg (30.79%), Vitamin B3: 5.9mg (29.51%), Vitamin A: 1111.8IU (22.24%), Vitamin B12: 1.11µg (18.57%), Calcium: 178.54mg (17.85%), Vitamin B5: 1.73mg (17.32%), Vitamin D: 2.29µg (15.28%), Zinc: 1.88mg (12.51%), Fiber: 2.63g (10.5%), Magnesium: 41.13mg (10.28%), Vitamin B6: 0.21mg (10.26%), Potassium: 343.54mg (9.82%), Copper: 0.18mg (9.16%), Vitamin E: 1.31mg (8.74%), Vitamin K: 2.54µg (2.42%)