



10-Second Hollandaise

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



10

CALORIES



146 kcal

SAUCE

Ingredients

- 0.4 lb butter
- 10 servings cayenne
- 1 teaspoon dijon mustard
- 3 large egg yolk
- 1.5 tablespoons juice of lemon
- 10 servings salt

Equipment

- food processor

- frying pan
- oven
- blender
- microwave

Directions

- Melt butter in a pan over medium heat or in a microwave oven.
- Put egg yolks, 1 tablespoon lemon juice, 1 tablespoon water, and mustard in a blender or food processor.
- Whirl on high speed to blend, then add butter in a slow, steady stream.
- Add remaining lemon juice, cayenne, and salt to taste; whirl just to blend. Use at once or store in a thermos up to 30 minutes.

Nutrition Facts

PROTEIN 3.28% **FAT 92.32%** **CARBS 4.4%**

Properties

Glycemic Index:6.4, Glycemic Load:0.19, Inflammation Score:-7, Nutrition Score:3.4695652386417%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 145.88kcal (7.29%), Fat: 15.41g (23.71%), Saturated Fat: 3.39g (21.22%), Carbohydrates: 1.65g (0.55%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.3g (0.33%), Cholesterol: 55.08mg (18.36%), Sodium: 362.76mg (15.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.47%), Vitamin A: 1514.67IU (30.29%), Vitamin E: 1.26mg (8.4%), Selenium: 3.2µg (4.58%), Vitamin B6: 0.07mg (3.49%), Vitamin B2: 0.05mg (3.07%), Phosphorus: 30.38mg (3.04%), Vitamin C: 2.43mg (2.95%), Folate: 10.22µg (2.56%), Fiber: 0.57g (2.29%), Manganese: 0.05mg (2.28%), Vitamin B12: 0.12µg (1.94%), Vitamin D: 0.28µg (1.84%), Vitamin B5: 0.17mg (1.71%), Iron: 0.31mg (1.7%), Potassium: 56.09mg (1.6%), Vitamin K: 1.65µg (1.57%), Calcium: 15.21mg (1.52%), Vitamin B1: 0.02mg (1.25%), Zinc: 0.17mg (1.14%), Magnesium: 4.19mg (1.05%)