

Avgolemono Sauce



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



62 kcal

SAUCE

Ingredients

- ☐ 1 eggs
- ☐ 3 egg yolks
- ☐ 1 juice of lemon (juice)
- ☐ 0.5 cup liquid hot (asparagus water, vegetable broth, chicken broth, etc.)

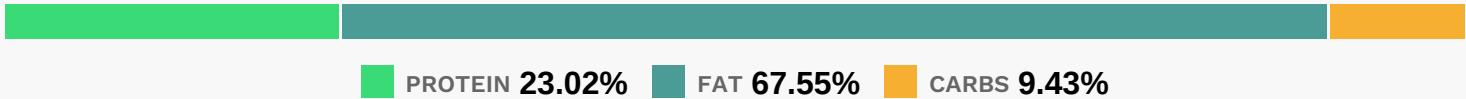
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk the egg in small sauce pan until frothy.
- ☐ Slowly whisk in the lemon juice followed by the hot liquid.
- ☐ Whisk the mixture over medium heat until it thickens, about 5–10 minutes.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:3.7273913307682%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 62.32kcal (3.12%), Fat: 4.64g (7.14%), Saturated Fat: 1.64g (10.23%), Carbohydrates: 1.46g (0.49%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.56g (0.62%), Cholesterol: 186.72mg (62.24%), Sodium: 139.68mg (6.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Selenium: 10.94µg (15.63%), Phosphorus: 75.03mg (7.5%), Vitamin B2: 0.12mg (7.22%), Folate: 26.38µg (6.59%), Vitamin A: 317.09IU (6.34%), Vitamin D: 0.95µg (6.33%), Vitamin B12: 0.36µg (6.02%), Vitamin B5: 0.58mg (5.82%), Vitamin C: 2.9mg (3.52%), Vitamin B6: 0.07mg (3.47%), Vitamin E: 0.48mg (3.17%), Iron: 0.57mg (3.15%), Zinc: 0.46mg (3.04%), Calcium: 24.02mg (2.4%), Vitamin B1: 0.03mg (2%), Potassium: 37.62mg (1.07%)