



Avocado Béarnaise Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



766 kcal

SAUCE

Ingredients

- 4 small genuine california avocados peeled chopped
- 2 teaspoons tarragon dried
- 0.8 cup cooking wine dry white
- 2 tablespoons juice of lemon
- 0.5 cup mayonnaise
- 0.5 teaspoon pepper freshly ground
- 0.5 teaspoon salt
- 4 large shallots diced

3 tablespoons citrus champagne vinegar

Equipment

food processor

sauce pan

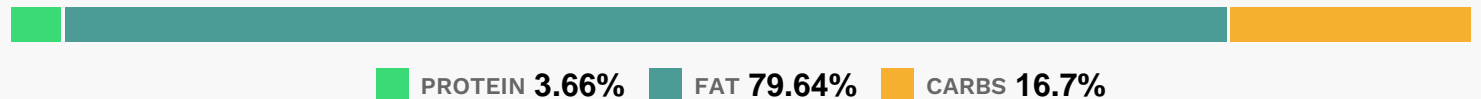
blender

Directions

Cook first 4 ingredients in a small saucepan over medium-high heat 8 to 10 minutes or until liquid is reduced to about 2 tablespoons. Cool.

Process reduced mixture, avocado, and remaining ingredients in a blender or food processor until smooth, stopping to scrape down sides. Chill up to 2 days, if desired.

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:4.1, Inflammation Score:-8, Nutrition Score:29.016521992891%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 765.69kcal (38.28%), Fat: 67.49g (103.82%), Saturated Fat: 10.12g (63.22%), Carbohydrates: 31.85g (10.62%), Net Carbohydrates: 12.61g (4.59%), Sugar: 5.44g (6.04%), Cholesterol: 15.68mg (5.23%), Sodium: 652.6mg (28.37%), Alcohol: 6.18g (100%), Alcohol %: 1.84% (100%), Protein: 6.97g (13.95%), Vitamin K: 118.19µg (112.56%), Fiber: 19.24g (76.94%), Folate: 236.59µg (59.15%), Vitamin E: 6.8mg (45.36%), Vitamin B6: 0.87mg

(43.72%), Potassium: 1522.13mg (43.49%), Vitamin C: 34.08mg (41.31%), Vitamin B5: 3.93mg (39.28%), Manganese: 0.71mg (35.43%), Copper: 0.56mg (28.24%), Vitamin B3: 4.93mg (24.63%), Magnesium: 97.5mg (24.38%), Vitamin B2: 0.39mg (23.01%), Phosphorus: 184.7mg (18.47%), Iron: 2.66mg (14.76%), Vitamin B1: 0.21mg (14.16%), Zinc: 2.04mg (13.62%), Vitamin A: 475.3IU (9.51%), Calcium: 71.28mg (7.13%), Selenium: 2.48µg (3.54%)