



Béarnaise Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



837 kcal

SIDE DISH

Ingredients

- ☐ 1 cup butter softened
- ☐ 1.5 tablespoons tarragon fresh chopped
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 2 tablespoons shallots minced

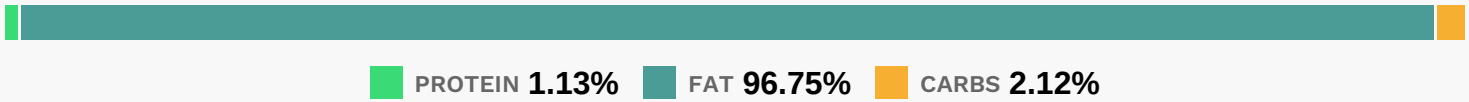
Equipment

- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Beat butter, minced Pickled Shallots, chopped tarragon, and freshly ground pepper at medium speed with an electric mixer until combined. Spoon butter onto plastic wrap; roll tightly, forming a log.
- ☐ Serve immediately, or chill until ready to serve. Store in refrigerator up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:2.05, Inflammation Score:-9, Nutrition Score:8.2952173585477%

Nutrients (% of daily need)

Calories: 837.11kcal (41.86%), Fat: 92.45g (142.23%), Saturated Fat: 58.44g (365.27%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 3.77g (1.37%), Sugar: 0.86g (0.95%), Cholesterol: 244.02mg (81.34%), Sodium: 734.31mg (31.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.87%), Vitamin A: 3058.63IU (61.17%), Manganese: 0.48mg (23.97%), Vitamin E: 2.64mg (17.6%), Iron: 1.86mg (10.35%), Calcium: 91.85mg (9.18%), Vitamin B6: 0.17mg (8.26%), Vitamin K: 8.43µg (8.03%), Vitamin B2: 0.11mg (6.55%), Potassium: 222.51mg (6.36%), Magnesium: 23.01mg (5.75%), Folate: 21.23µg (5.31%), Phosphorus: 50.07mg (5.01%), Vitamin C: 3.42mg (4.15%), Vitamin B12: 0.19µg (3.22%), Fiber: 0.77g (3.09%), Vitamin B3: 0.54mg (2.7%), Copper: 0.05mg (2.38%), Zinc: 0.35mg (2.33%), Selenium: 1.5µg (2.14%), Vitamin B1: 0.03mg (1.67%), Vitamin B5: 0.16mg (1.57%)