



## Béarnaise Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



358 kcal

SAUCE

### Ingredients

- 2 cups butter melted
- 0.3 cup wine dry white
- 4 egg yolk
- 1 juice of lemon
- 1 parsley chopped
- 10 servings salt and pepper to taste
- 2 tablespoons shallots chopped
- 1 tablespoon tarragon chopped

1 tablespoon tarragon vinegar

## Equipment

whisk

double boiler

## Directions

In the top of a double boiler, beat egg yolks and lemon. Cook slowly over low heat, never allowing water in bottom of the double boiler to come to a boil (just simmer). Slowly add melted butter to egg yolks and lemon mixture.

Add salt and pepper, tarragon, shallots, parsley, vinegar, and white wine.

Whisk to blend.

## Nutrition Facts

**PROTEIN 1.94%** **FAT 96.57%** **CARBS 1.49%**

## Properties

Glycemic Index:24.7, Glycemic Load:0.33, Inflammation Score:-6, Nutrition Score:3.8152173913043%

## Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Taste

Sweetness: 6.42%, Saltiness: 9.3%, Sourness: 12.48%, Bitterness: 7.81%, Savoriness: 5.51%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 358.11kcal (17.91%), Fat: 38.79g (59.67%), Saturated Fat: 24.04g (150.24%), Carbohydrates: 1.34g (0.45%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.36g (0.4%), Cholesterol: 175.37mg (58.46%), Sodium: 490.26mg (21.32%), Alcohol: 0.62g (3.43%), Protein: 1.76g (3.52%), Vitamin A: 1276.45IU (25.53%), Vitamin E: 1.25mg (8.3%),

Selenium: 4.56µg (6.51%), Vitamin K: 4.91µg (4.67%), Phosphorus: 43.81mg (4.38%), Folate: 15.28µg (3.82%), Vitamin B2: 0.06mg (3.8%), Manganese: 0.07mg (3.72%), Vitamin B12: 0.22µg (3.63%), Calcium: 29.97mg (3%), Vitamin B5: 0.28mg (2.78%), Vitamin B6: 0.05mg (2.74%), Iron: 0.48mg (2.68%), Vitamin D: 0.39µg (2.59%), Vitamin C: 1.8mg (2.19%), Zinc: 0.25mg (1.68%), Potassium: 54.54mg (1.56%), Vitamin B1: 0.02mg (1.27%), Magnesium: 4.97mg (1.24%)