

Bearnaise Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



237 kcal

SAUCE

Ingredients

- ☐ 1 cup butter melted
- ☐ 1 pinch cayenne pepper
- ☐ 2 tablespoons tarragon dried
- ☐ 3 egg yolks
- ☐ 0.5 juice of lemon juiced
- ☐ 0.8 cup red wine vinegar
- ☐ 1 pinch salt
- ☐ 2 tablespoons shallots minced

☐ 0.3 cup water hot

Equipment

- ☐ frying pan
- ☐ double boiler

Directions

- ☐ In a heavy skillet, saute tarragon, red wine vinegar, and diced shallot over medium heat for 10 to 15 minutes, or until the mixture becomes paste-like.
- ☐ Remove from heat.
- ☐ Combine egg yolks, 1/8 cup hot water, lemon juice, salt and pepper in the top of a double boiler set over simmering water. Cook and stir until the mixture reaches the consistency of mayonnaise.
- ☐ Remove the mixture from heat.
- ☐ Add the melted butter slowly, stirring continuously. If the mixture becomes too thick, thin with the remaining 1/8 cup of hot water.
- ☐ Add the tarragon, wine, vinegar, and shallot mixture and blend well.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.64, Inflammation Score:-5, Nutrition Score:3.703478227491%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg 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: 236.86kcal (11.84%), Fat: 24.94g (38.36%), Saturated Fat: 15.26g (95.4%), Carbohydrates: 1.76g (0.59%), Net Carbohydrates: 1.54g (0.56%), Sugar: 0.3g (0.33%), Cholesterol: 133.91mg (44.64%), Sodium: 194.11mg (8.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Vitamin A: 885.34IU (17.71%), Manganese: 0.16mg (8.06%), Selenium: 4.17µg (5.96%), Vitamin E: 0.84mg (5.6%), Iron: 0.89mg (4.94%), Phosphorus: 42.09mg (4.21%),

Folate: 16.74µg (4.18%), Vitamin B2: 0.07mg (4.1%), Vitamin B6: 0.08mg (3.82%), Calcium: 38.08mg (3.81%), Vitamin B12: 0.18µg (3%), Potassium: 86.29mg (2.47%), Vitamin D: 0.36µg (2.43%), Vitamin B5: 0.24mg (2.43%), Vitamin C: 1.92mg (2.33%), Magnesium: 8.6mg (2.15%), Vitamin K: 2.06µg (1.97%), Zinc: 0.27mg (1.79%), Vitamin B1: 0.02mg (1.31%), Copper: 0.02mg (1.15%)