

Bearnaise Sauce I

 Vegetarian  Gluten Free

READY IN

ready

10 min.

SERVINGS

servings

10

CALORIES

calories

112 kcal

SAUCE

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 teaspoons tarragon dried
- ☐ 4 egg yolks beaten
- ☐ 0.3 cup shallots minced
- ☐ 0.3 cup vinegar white

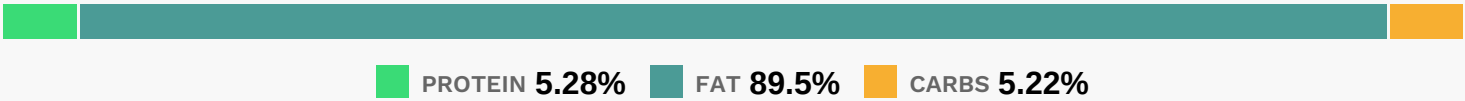
Equipment

- ☐ microwave

Directions

- ☐ In a microwave safe dish combine vinegar, shallots and tarragon. Microwave on high until boiling. Allow to cool.
- ☐ Stir in egg yolks and butter. Microwave until thickened, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.37, Inflammation Score:-2, Nutrition Score:2.29869566666345%

Nutrients (% of daily need)

Calories: 111.53kcal (5.58%), Fat: 11.15g (17.15%), Saturated Fat: 6.53g (40.81%), Carbohydrates: 1.46g (0.49%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.52g (0.57%), Cholesterol: 102.16mg (34.05%), Sodium: 77.56mg (3.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Vitamin A: 404.5IU (8.09%), Selenium: 4.28µg (6.11%), Phosphorus: 35.94mg (3.59%), Folate: 13.96µg (3.49%), Vitamin E: 0.45mg (3.01%), Manganese: 0.06mg (2.89%), Vitamin B2: 0.05mg (2.85%), Vitamin B6: 0.06mg (2.78%), Vitamin B12: 0.16µg (2.66%), Vitamin D: 0.39µg (2.59%), Vitamin B5: 0.24mg (2.45%), Iron: 0.4mg (2.23%), Calcium: 19.27mg (1.93%), Zinc: 0.22mg (1.44%), Potassium: 42.58mg (1.22%), Vitamin B1: 0.02mg (1.19%)