



Ben's Bearnaise Sauce

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



336 kcal

SAUCE

Ingredients

- 1 cup butter hot melted
- 2 sprigs chervil fresh minced
- 0.5 cup cooking wine dry white
- 4 egg yolks
- 2 sprigs parsley fresh minced
- 4 sprigs tarragon fresh chopped
- 0.5 teaspoon ground pepper white
- 2 tablespoons shallots minced

2 tablespoons tarragon vinegar

Equipment

bowl

sauce pan

whisk

Directions

Combine the wine, vinegar, shallots, white pepper, tarragon, chervil, and parsley in a small saucepan. Boil over medium-high heat until the liquid is reduced to about 2 tablespoons. Strain vinegar reduction into a large bowl; set aside.

Bring several inches of water to a boil in a saucepan over high heat, then reduce heat to low or medium-low to maintain the water at a bare simmer.

Whisk the egg yolks into the vinegar reduction, then place the bowl over the simmering water.

Whisk constantly until the yolks have thickened and turned a pale lemon yellow color. The mixture will form ribbons when the whisk is lifted from the bowl. Once the yolk has reached this point, remove the bowl from the simmering water.

Slowly pour the hot butter into the egg yolk mixture while continuing to whisk vigorously. Do not stop whisking until all of the butter is fully incorporated or the sauce will separate. Once finished, the mixture will have become a thick and creamy sauce.

Serve immediately.

Nutrition Facts

  
 PROTEIN **3.43%**  FAT **93.31%**  CARBS **3.26%**

Properties

Glycemic Index:41.17, Glycemic Load:0.63, Inflammation Score:-6, Nutrition Score:5.5030434753584%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg

0.72mg, Apigenin: 0.72mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg
Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.01mg, Quercetin:
0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 335.79kcal (16.79%), Fat: 33.99g (52.3%), Saturated Fat: 20.62g (128.88%), Carbohydrates: 2.67g (0.89%),
Net Carbohydrates: 2.33g (0.85%), Sugar: 0.55g (0.61%), Cholesterol: 210.94mg (70.31%), Sodium: 252.11mg
(10.96%), Alcohol: 2.06g (100%), Alcohol %: 3.22% (100%), Protein: 2.81g (5.62%), Vitamin A: 1241.71IU (24.83%),
Selenium: 7.44µg (10.64%), Manganese: 0.17mg (8.53%), Vitamin E: 1.19mg (7.94%), Vitamin K: 8.31µg (7.91%),
Phosphorus: 69.35mg (6.94%), Folate: 25.99µg (6.5%), Iron: 1.12mg (6.22%), Vitamin B2: 0.1mg (6.05%), Calcium:
52.97mg (5.3%), Vitamin B6: 0.1mg (5.17%), Vitamin B12: 0.3µg (4.97%), Vitamin D: 0.65µg (4.32%), Vitamin B5:
0.42mg (4.2%), Potassium: 121.43mg (3.47%), Zinc: 0.46mg (3.09%), Magnesium: 9.92mg (2.48%), Vitamin B1:
0.03mg (2.15%), Vitamin C: 1.75mg (2.12%), Copper: 0.03mg (1.36%), Fiber: 0.34g (1.34%), Vitamin B3: 0.21mg
(1.04%)