



## Blender Hollandaise Sauce

 Vegetarian  Gluten Free  Low Fod Map

READY IN



5 min.

SERVINGS



6

CALORIES



165 kcal

SAUCE

### Ingredients

- 0.5 cup butter
- 0.3 teaspoon dijon mustard
- 3 egg yolk
- 1 tablespoon juice of lemon
- 1 dash hot sauce hot (e g tabasco)

### Equipment

### Nutrition Facts

PROTEIN 3.83% FAT 94.94% CARBS 1.23%

## Properties

Glycemic Index:13.67, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:2.4373913043478%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg 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: 165.29kcal (8.26%), Fat: 17.74g (27.29%), Saturated Fat: 10.58g (66.15%), Carbohydrates: 0.52g (0.17%), Net Carbohydrates: 0.5g (0.18%), Sugar: 0.13g (0.14%), Cholesterol: 137.87mg (45.96%), Sodium: 128.71mg (5.6%), Protein: 1.61g (3.22%), Vitamin A: 602.83IU (12.06%), Selenium: 5.3µg (7.57%), Vitamin E: 0.68mg (4.5%), Phosphorus: 40.07mg (4.01%), Folate: 14.22µg (3.56%), Vitamin B12: 0.21µg (3.46%), Vitamin D: 0.49µg (3.24%), Vitamin B2: 0.05mg (3.2%), Vitamin B5: 0.29mg (2.94%), Vitamin B6: 0.03mg (1.67%), Calcium: 16.43mg (1.64%), Zinc: 0.23mg (1.51%), Iron: 0.25mg (1.42%), Vitamin K: 1.39µg (1.32%), Vitamin B1: 0.02mg (1.19%), Vitamin C: 0.98mg (1.19%)