



Blender Hollandaise Sauce



Vegetarian



Gluten Free



Popular



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



249 kcal

SAUCE

Ingredients

- ☐ 0.5 cups butter hot melted
- ☐ 1 dash cayenne pepper
- ☐ 3 egg yolks
- ☐ 2 tablespoons juice of lemon
- ☐ 4 servings salt to taste

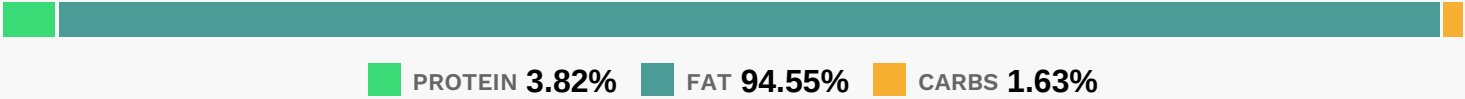
Equipment

- ☐ food processor

Directions

☐ Pulse the egg yolks, lemon juice, cayenne and salt in a food processor for 20–30 seconds.Slowly drizzle in the butter while processing until all the butter is incorporated and the hollandaise is nice and thick and creamy.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:3.7665218095417%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 248.65kcal (12.43%), Fat: 26.61g (40.94%), Saturated Fat: 15.88g (99.24%), Carbohydrates: 1.03g (0.34%), Net Carbohydrates: 1g (0.37%), Sugar: 0.28g (0.32%), Cholesterol: 206.81mg (68.94%), Sodium: 382.8mg (16.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.83%), Vitamin A: 914.61IU (18.29%), Selenium: 7.85µg (11.22%), Vitamin E: 1.03mg (6.84%), Phosphorus: 60.13mg (6.01%), Folate: 22.09µg (5.52%), Vitamin B12: 0.31µg (5.19%), Vitamin D: 0.73µg (4.86%), Vitamin B2: 0.08mg (4.84%), Vitamin B5: 0.44mg (4.45%), Vitamin C: 2.92mg (3.54%), Vitamin B6: 0.05mg (2.61%), Calcium: 24.83mg (2.48%), Zinc: 0.34mg (2.27%), Iron: 0.38mg (2.13%), Vitamin K: 2.1µg (2%), Vitamin B1: 0.03mg (1.8%)