



Caribbean Hollandaise Sauce



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



313 kcal

SAUCE

Ingredients

- ☐ 1 cup butter cut into pieces
- ☐ 4 egg yolk
- ☐ 0.1 teaspoon ground ginger
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 cup juice of lime
- ☐ 0.3 teaspoon salt

Equipment

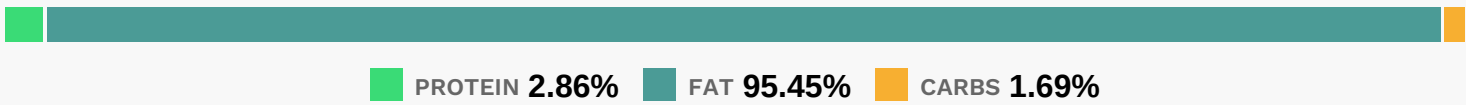
- ☐ whisk

- ☐ double boiler
- ☐ kitchen thermometer

Directions

- ☐ Whisk yolks in top of a double boiler; gradually whisk in juice.
- ☐ Place over hot water (do not boil).
- ☐ Add butter, 1/3 cup at a time, whisking until smooth.
- ☐ Whisk in remaining ingredients. Cook, whisking constantly, 10 minutes or until thickened and a thermometer registers 16
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:3.9530434297479%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 312.7kcal (15.63%), Fat: 33.88g (52.12%), Saturated Fat: 20.6g (128.72%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.27g (0.3%), Cholesterol: 210.94mg (70.31%), Sodium: 346.15mg (15.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Vitamin A: 1140.89IU (22.82%), Selenium: 7.14µg (10.19%), Vitamin E: 1.22mg (8.15%), Phosphorus: 57.48mg (5.75%), Vitamin B12: 0.3µg (4.97%), Folate: 19.71µg (4.93%), Vitamin B2: 0.08mg (4.6%), Vitamin D: 0.65µg (4.32%), Vitamin B5: 0.41mg (4.13%), Vitamin C: 3.06mg (3.71%), Vitamin K: 2.83µg (2.69%), Calcium: 26.14mg (2.61%), Vitamin B6: 0.05mg (2.41%), Zinc: 0.32mg (2.14%), Iron: 0.36mg (1.98%), Vitamin B1: 0.03mg (1.71%), Manganese: 0.02mg (1.17%), Potassium: 35.37mg (1.01%)