



Chipotle Hollandaise Sauce



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



169 kcal

SAUCE

Ingredients

- ☐ 1 cup butter cooled melted
- ☐ 4 tsp to 4 chipotle peppers in adobo sauce pureed canned
- ☐ 0.3 cup egg substitute
- ☐ 1 tablespoon cilantro leaves fresh minced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

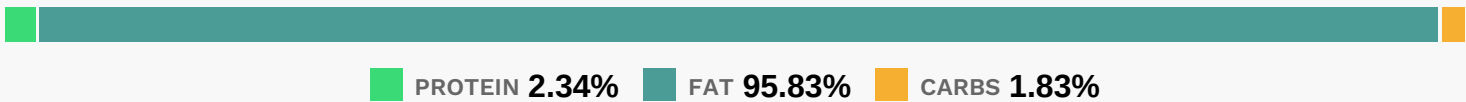
Equipment

- ☐ food processor
- ☐ blender
- ☐ microwave

Directions

- ☐ Process 1/3 cup egg substitute, salt, and pepper in a blender or food processor on high 1 minute; reduce to low speed. With blender running, pour in melted butter in a slow, steady stream.
- ☐ Add minced cilantro, pureed chipotle peppers, and lime juice; process until smooth. Microwave sauce at HIGH 10 to 15 seconds before serving, if desired.
- ☐ Note: Chipotle peppers in adobo sauce may be found in the international foods section of your supermarket or in Latin grocery stores.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:1.7013043547454%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 168.82kcal (8.44%), Fat: 18.41g (28.33%), Saturated Fat: 11.67g (72.93%), Carbohydrates: 0.79g (0.26%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.36g (0.4%), Cholesterol: 48.81mg (16.27%), Sodium: 220.13mg (9.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.02%), Vitamin A: 589.85IU (11.8%), Selenium: 3.54µg (5.05%), Vitamin E: 0.66mg (4.41%), Vitamin B2: 0.04mg (2.31%), Vitamin K: 1.83µg (1.74%), Vitamin B5: 0.16mg (1.62%), Iron: 0.22mg (1.22%), Calcium: 11.99mg (1.2%), Phosphorus: 11.73mg (1.17%), Vitamin C: 0.95mg (1.15%), Vitamin B12: 0.07µg (1.1%)