



## Creamy Hollandaise Sauce

 **Gluten Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



4

CALORIES



468 kcal

SAUCE

### Ingredients

- 1 cup butter melted
- 4 egg yolks
- 1 pinch ground pepper white
- 3.5 tablespoons juice of lemon
- 0.3 teaspoon salt
- 1 tablespoon water
- 0.1 teaspoon worcestershire sauce

### Equipment

- frying pan
- whisk
- double boiler

## Directions

- Fill the bottom of a double boiler part-way with water. Make sure that water does not touch the top pan. Bring water to a gentle simmer. In the top of the double boiler, whisk together egg yolks, lemon juice, white pepper, Worcestershire sauce, and 1 tablespoon water.
- Add the melted butter to egg yolk mixture 1 or 2 tablespoons at a time while whisking yolks constantly. If hollandaise begins to get too thick, add a teaspoon or two of hot water. Continue whisking until all butter is incorporated.
- Whisk in salt, then remove from heat.
- Place a lid on pan to keep sauce warm until ready to serve.

## Nutrition Facts

**PROTEIN 2.84%** **FAT 95.77%** **CARBS 1.39%**

## Properties

Glycemic Index:12.5, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:5.8334782369759%

## Flavonoids

Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 1.9mg, Hesperetin: 1.9mg, Hesperetin: 1.9mg, Hesperetin: 1.9mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 468.04kcal (23.4%), Fat: 50.83g (78.2%), Saturated Fat: 30.89g (193.09%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.48g (0.54%), Cholesterol: 316.41mg (105.47%), Sodium: 521.64mg (22.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.79%), Vitamin A: 1678.68IU (33.57%), Selenium: 10.66µg (15.23%), Vitamin E: 1.8mg (12.01%), Phosphorus: 85.07mg (8.51%), Folate: 30.63µg (7.66%), Vitamin B12: 0.45µg (7.46%), Vitamin B2: 0.12mg (6.86%), Vitamin D: 0.97µg (6.48%), Vitamin C: 5.11mg (6.2%), Vitamin B5: 0.62mg (6.18%), Vitamin K: 4.1µg (3.91%), Calcium: 38.16mg (3.82%), Vitamin B6: 0.07mg (3.54%), Zinc: 0.47mg (3.16%), Iron: 0.53mg (2.95%), Vitamin B1: 0.04mg (2.52%), Potassium: 48.33mg (1.38%)