



Dijon Hollandaise Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



15

CALORIES



63 kcal

SAUCE

Ingredients

- 0.5 cup butter melted (1 stick)
- 1 Tbsp grey poupon dijon mustard
- 0.3 cup cholesterol-free egg product
- 0.1 tsp ground pepper red (cayenne)
- 2 Tbsp juice of lemon

Equipment

- blender

Directions

- Place egg product, lemon juice, mustard and pepper in blender container; cover. Blend on medium speed.
- Add hot butter gradually through feed tube, blending on low speed until mixture is well blended.

Nutrition Facts

PROTEIN 4.98% **FAT 93.11%** **CARBS 1.91%**

Properties

Glycemic Index:4.27, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.99043476970299%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg 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: 63.22kcal (3.16%), Fat: 6.65g (10.22%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 0.31g (0.1%), Net Carbohydrates: 0.25g (0.09%), Sugar: 0.09g (0.1%), Cholesterol: 20.09mg (6.7%), Sodium: 90.05mg (3.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.6%), Vitamin A: 306.89IU (6.14%), Selenium: 2µg (2.86%), Vitamin E: 0.3mg (2.01%), Vitamin B2: 0.03mg (1.68%), Phosphorus: 13.72mg (1.37%)