



## Easy Blender Hollandaise Sauce

 Vegetarian  Gluten Free  Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



229 kcal

SAUCE

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 large egg yolk
- 0.5 teaspoon kosher salt
- 1 tablespoon juice of lemon freshly squeezed
- 8 tablespoons butter unsalted melted (1 stick)

### Equipment

- sauce pan
- blender

## Directions

- Fill a large saucepan a quarter of the way full with water and bring it to a simmer over high heat.
- Remove it from the heat and set aside.
- Place the egg yolks and lemon juice in a blender and blend on medium speed until the mixture lightens in color, about 30 seconds.Reduce the blender speed to low, remove the small cap (the pour lid) from the blender lid, and slowly drizzle in all of the melted butter. Turn off the blender, add the salt and pepper, and pulse to combine.To keep the hollandaise warm, place the blender pitcher directly in the reserved hot water until ready to use.

## Nutrition Facts

**PROTEIN 2.76%** **FAT 96.11%** **CARBS 1.13%**

## Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:2.9208695195291%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 229.27kcal (11.46%), Fat: 24.98g (38.43%), Saturated Fat: 15.2g (94.99%), Carbohydrates: 0.66g (0.22%), Net Carbohydrates: 0.62g (0.22%), Sugar: 0.16g (0.18%), Cholesterol: 152mg (50.67%), Sodium: 297.91mg (12.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.23%), Vitamin A: 823.2IU (16.46%), Selenium: 5.05µg (7.22%), Vitamin D: 0.88µg (5.86%), Vitamin E: 0.88mg (5.84%), Phosphorus: 40.37mg (4.04%), Vitamin B12: 0.21µg (3.56%), Folate: 14.02µg (3.51%), Vitamin B2: 0.06mg (3.25%), Vitamin B5: 0.29mg (2.92%), Vitamin K: 2.22µg (2.12%), Calcium: 18.64mg (1.86%), Vitamin C: 1.45mg (1.76%), Vitamin B6: 0.03mg (1.63%), Zinc: 0.22mg (1.5%), Iron: 0.26mg (1.42%), Vitamin B1: 0.02mg (1.16%), Manganese: 0.02mg (1.15%)