



Foolproof Hollandaise



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



468 kcal

SAUCE

Ingredients

- ☐ 0.8 lb butter cut into chunks
- ☐ 2 tablespoons dijon mustard
- ☐ 6 large egg yolk
- ☐ 0.3 cup juice of lemon

Equipment

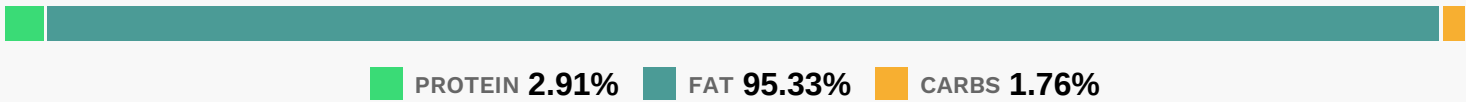
- ☐ bowl
- ☐ frying pan
- ☐ oven

- ☐ whisk
- ☐ double boiler
- ☐ microwave

Directions

- ☐ In a microwave-safe 2-cup glass measure in a microwave oven at full power (100%), or in a 1- to 2-quart pan over medium-high heat, melt butter until bubbling.
- ☐ Meanwhile, in the bottom of a double boiler or in a 2- to 3-quart pan, bring 1 inch water to a simmer over high heat; adjust heat to maintain simmer.
- ☐ Put yolks, lemon juice, and mustard in the top of the double boiler or in a round-bottomed bowl (about 2 qt.). Nest the container over simmering water and whisk to blend.
- ☐ Whisking, add butter in a slow, steady stream, taking about 1 1/2 minutes.
- ☐ Whisk until sauce reaches 140; adjust heat to maintain temperature (remove from simmering water if necessary) and continue to whisk for 3 minutes. Immediately remove from simmering water.
- ☐ Serve hollandaise hot, warm, or at room temperature.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.02, Inflammation Score:-8, Nutrition Score:6.3539130545181%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 467.69kcal (23.38%), Fat: 50.34g (77.45%), Saturated Fat: 11.11g (69.43%), Carbohydrates: 2.09g (0.7%), Net Carbohydrates: 1.84g (0.67%), Sugar: 0.42g (0.47%), Cholesterol: 183.6mg (61.2%), Sodium: 597.93mg (26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin A: 2277.43IU (45.55%), Selenium: 11.23µg (16.04%), Vitamin E: 2.23mg (14.86%), Phosphorus: 85.55mg (8.56%), Folate: 27.77µg (6.94%), Vitamin B2: 0.12mg (6.8%), Vitamin B12: 0.39µg (6.47%), Vitamin D: 0.92µg (6.12%), Vitamin B5: 0.58mg (5.84%), Vitamin C: 4.07mg

(4.93%), Calcium: 42.7mg (4.27%), Vitamin B6: 0.07mg (3.64%), Vitamin B1: 0.05mg (3.17%), Iron: 0.55mg (3.07%), Zinc: 0.43mg (2.85%), Potassium: 60.32mg (1.72%), Manganese: 0.03mg (1.57%), Magnesium: 5.56mg (1.39%)