



Green Beans with Hollandaise Sauce



Vegetarian



Gluten Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



148 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 4 large pasteurized egg yolks
- ☐ 0.1 teaspoon ground pepper white
- ☐ 1 pound haricots verts steamed thin (green beans)
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh

Equipment

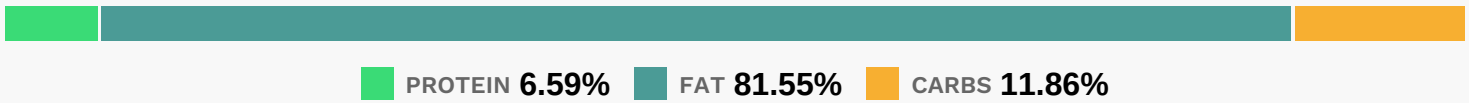
- ☐ food processor

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Melt butter in a small saucepan over medium heat; reduce heat to low, and keep warm.
Process egg yolks, next 3 ingredients, 1 Tbsp. water, and, if desired, hot sauce in a blender or food processor 2 to 3 minutes or until pale and fluffy. With blender running, add melted butter in a slow stream, processing until smooth.
- ☐ Serve warm with beans.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:1.12, Inflammation Score:-5, Nutrition Score:6.0939129746479%

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 Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 147.59kcal (7.38%), Fat: 13.89g (21.37%), Saturated Fat: 8.13g (50.84%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 3g (1.09%), Sugar: 2g (2.22%), Cholesterol: 122.3mg (40.77%), Sodium: 244.09mg (10.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.05%), Vitamin K: 25.43µg (24.22%), Vitamin A: 868.56IU (17.37%), Vitamin C: 8.38mg (10.15%), Folate: 32.3µg (8.07%), Selenium: 5.25µg (7.5%), Manganese: 0.13mg (6.47%), Vitamin B2: 0.11mg (6.43%), Fiber: 1.55g (6.2%), Phosphorus: 58.46mg (5.85%), Vitamin B6: 0.11mg (5.59%), Vitamin E: 0.79mg (5.24%), Iron: 0.83mg (4.6%), Vitamin B1: 0.06mg (4.2%), Vitamin B5: 0.4mg (4.02%), Potassium: 136.22mg (3.89%), Magnesium: 15.14mg (3.79%), Calcium: 35.75mg (3.57%), Vitamin B12: 0.19µg (3.16%), Vitamin D: 0.46µg (3.06%), Copper: 0.05mg (2.33%), Zinc: 0.35mg (2.31%), Vitamin B3: 0.43mg (2.14%)