



Green Peppercorn Béarnaise

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup brandy
- 2 tablespoons dijon mustard
- 1.5 teaspoons tarragon dried fresh chopped
- 2 tablespoons peppercorns green canned rinsed drained
- 6 servings salt
- 0.7 cup shallots minced
- 1 cup whipping cream
- 2 tablespoons citrus champagne vinegar

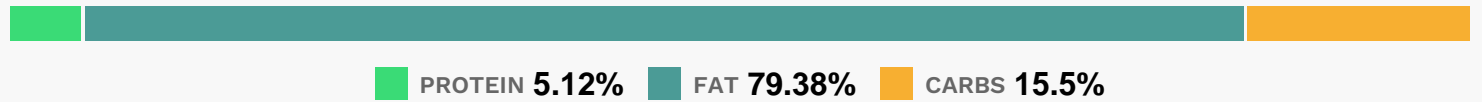
Equipment

frying pan

Directions

- Combine shallots, vinegar, and tarragon in an 8- to 10-inch frying pan. Boil over high heat, stirring often, until all the liquid evaporates, about 2 minutes.
- Add 1/2 cup cream, peppercorns, and mustard. Boil, stirring often, until cream turns a golden brown, about 8 minutes. Stir in cognac and remaining cream. (If making ahead, set aside up to 2 hours, or cover and chill up to 1 day.)
- Heat sauce, stirring, until it boils.
- Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:1.24, Inflammation Score:-5, Nutrition Score:3.6491304376851%

Nutrients (% of daily need)

Calories: 183.97kcal (9.2%), Fat: 14.55g (22.39%), Saturated Fat: 9.15g (57.19%), Carbohydrates: 6.39g (2.13%), Net Carbohydrates: 5.3g (1.93%), Sugar: 3.3g (3.66%), Cholesterol: 44.82mg (14.94%), Sodium: 365.06mg (15.87%), Alcohol: 3.34g (100%), Alcohol %: 4.65% (100%), Protein: 2.11g (4.22%), Vitamin A: 608.7IU (12.17%), Manganese: 0.14mg (7.12%), Vitamin B6: 0.12mg (6.01%), Vitamin B2: 0.09mg (5.31%), Phosphorus: 46.54mg (4.65%), Selenium: 3.23µg (4.61%), Calcium: 45.17mg (4.52%), Fiber: 1.09g (4.37%), Potassium: 150.27mg (4.29%), Vitamin D: 0.63µg (4.23%), Iron: 0.62mg (3.47%), Vitamin C: 2.64mg (3.2%), Magnesium: 12.64mg (3.16%), Folate: 12.24µg (3.06%), Vitamin E: 0.39mg (2.62%), Vitamin B1: 0.04mg (2.33%), Vitamin B5: 0.19mg (1.92%), Copper: 0.04mg (1.87%), Zinc: 0.26mg (1.72%), Vitamin K: 1.55µg (1.48%), Vitamin B12: 0.06µg (1.06%)