



Hollandaise Sauce



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



309 kcal

SAUCE

Ingredients

- ☐ 1 cup butter melted
- ☐ 4 large egg yolks
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon salt

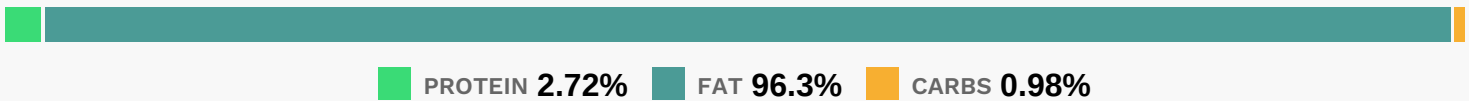
Equipment

- ☐ whisk
- ☐ double boiler
- ☐ kitchen thermometer

Directions

- ☐ Whisk yolks in top of a double boiler; gradually whisk in lemon juice.
- ☐ Place over hot water (do not boil).
- ☐ Add butter, 1/3 cup at a time, whisking until smooth; whisk in salt. Cook, whisking constantly, 10 minutes or until thickened and a thermometer registers 16
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:3.63999999968708%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 308.86kcal (15.44%), Fat: 33.7g (51.84%), Saturated Fat: 20.53g (128.32%), Carbohydrates: 0.77g (0.26%), Net Carbohydrates: 0.76g (0.28%), Sugar: 0.21g (0.24%), Cholesterol: 203.74mg (67.91%), Sodium: 345.65mg (15.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin A: 1109.18IU (22.18%), Selenium: 6.73µg (9.61%), Vitamin E: 1.18mg (7.85%), Phosphorus: 53.68mg (5.37%), Vitamin B12: 0.29µg (4.76%), Folate: 18.68µg (4.67%), Vitamin B2: 0.07mg (4.32%), Vitamin D: 0.61µg (4.08%), Vitamin B5: 0.39mg (3.87%), Vitamin K: 2.73µg (2.6%), Calcium: 24.06mg (2.41%), Vitamin C: 1.93mg (2.35%), Vitamin B6: 0.04mg (2.16%), Zinc: 0.3mg (1.98%), Iron: 0.32mg (1.79%), Vitamin B1: 0.02mg (1.54%)