



## Hollandaise Sauce

READY IN



20 min.

SERVINGS



4

CALORIES



728 kcal

SAUCE

### Ingredients

- 8 slices canadian bacon
- 1 pinch cayenne
- 4 egg yolks
- 8 eggs
- 4 muffins split english
- 4 servings parsley fresh chopped for garnish
- 4 servings knorr hollandaise sauce
- 1 tablespoon juice of lemon freshly squeezed
- 1 pinch salt

- 4 servings salt and pepper to taste
- 0.5 cup butter unsalted melted (1 stick)
- 2 teaspoons vinegar white

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- whisk
- double boiler
- broiler

## Directions

- Watch how to make this recipe.
- Vigorously whisk the egg yolks and lemon juice together in a stainless steel bowl and until the mixture is thickened and doubled in volume.
- Place the bowl over a saucepan containing barely simmering water (or use a double boiler,) the water should not touch the bottom of the bowl. Continue to whisk rapidly. Be careful not to let the eggs get too hot or they will scramble.
- Slowly drizzle in the melted butter and continue to whisk until the sauce is thickened and doubled in volume.
- Remove from heat, whisk in cayenne and salt. Cover and place in a warm spot until ready to use for the eggs benedict. If the sauce gets too thick, whisk in a few drops of warm water before serving.
- Brown the bacon in a medium skillet and toast the English muffins, cut sides up, on a baking sheet under the broiler. Fill a 10-inch nonstick skillet half full of water.
- Add white vinegar to the cooking water. This will make the egg white cook faster so it does not spread. Bring to a slow boil. Gently break 1 of the eggs into the water taking care not to break it. Repeat with remaining eggs. Reduce the heat to a gentle simmer. Cook 3 1/2 minutes until the egg white is set and yolk remains soft.

Lay a slice of Canadian bacon on top of each muffin half, followed by a poached egg. Season with salt and pepper. Spoon hollandaise sauce over the eggs.

Garnish with chopped parsley.

## Nutrition Facts

**PROTEIN 17.28%** **FAT 65.28%** **CARBS 17.44%**

### Properties

Glycemic Index:47.25, Glycemic Load:18.55, Inflammation Score:-7, Nutrition Score:25.167826237886%

### 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 Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

### Nutrients (% of daily need)

Calories: 727.88kcal (36.39%), Fat: 52.64g (80.98%), Saturated Fat: 23.11g (144.44%), Carbohydrates: 31.64g (10.55%), Net Carbohydrates: 29.95g (10.89%), Sugar: 0.58g (0.64%), Cholesterol: 615.67mg (205.22%), Sodium: 1351.1mg (58.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.36g (62.72%), Selenium: 51.65µg (73.79%), Vitamin K: 68µg (64.76%), Phosphorus: 468.36mg (46.84%), Vitamin B2: 0.7mg (41.02%), Vitamin B1: 0.6mg (40.26%), Vitamin A: 1791.44IU (35.83%), Vitamin D: 4.75µg (31.69%), Vitamin B12: 1.59µg (26.45%), Vitamin B5: 2.49mg (24.9%), Folate: 98.72µg (24.68%), Vitamin B6: 0.47mg (23.31%), Vitamin B3: 4.58mg (22.92%), Zinc: 2.81mg (18.75%), Iron: 3.19mg (17.71%), Vitamin E: 2.21mg (14.73%), Manganese: 0.26mg (13.08%), Potassium: 445.24mg (12.72%), Calcium: 119.57mg (11.96%), Copper: 0.19mg (9.4%), Magnesium: 35.98mg (9%), Vitamin C: 6.85mg (8.3%), Fiber: 1.69g (6.76%)