



Hollandaise sauce

READY IN



10 min.

SERVINGS



2

CALORIES



723 kcal

SAUCE

Ingredients

- ☐ 125 g butter
- ☐ 2 egg yolk
- ☐ 0.5 tsp citrus champagne vinegar
- ☐ 2 servings juice of lemon
- ☐ 2 servings ground pepper
- ☐ 1 muffins halved
- ☐ 2 slices ham warmed
- ☐ 2 poached eggs

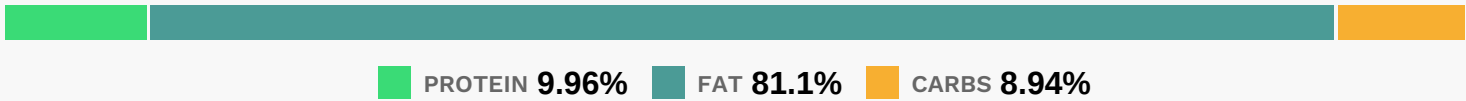
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt 125g butter in a saucepan and skim any white solids from the surface. Keep the butter warm.
- ☐ Put 2 egg yolks, tsp white wine or tarragon vinegar, a pinch of salt and a splash of ice-cold water in a metal or glass bowl that will fit over a small pan.
- ☐ Whisk for a few mins, then put the bowl over a pan of barely simmering water and whisk continuously until pale and thick, about 3-5 mins.
- ☐ Remove from the heat and slowly whisk in the melted butter, bit by bit until its all incorporated and you have a creamy hollandaise. (If it gets too thick, add a splash of water.)
- ☐ Season with a squeeze of lemon juice and a little cayenne pepper. Keep warm until needed.
- ☐ To make eggs Benedict, toast 2 muffin halves, top each half with a slice of warmed ham and a poached egg, and spoon over a generous helping of hollandaise.

Nutrition Facts



Properties

Glycemic Index:78.5, Glycemic Load:9.46, Inflammation Score:-8, Nutrition Score:16.084782641867%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 722.5kcal (36.12%), Fat: 65.78g (101.2%), Saturated Fat: 37.22g (232.62%), Carbohydrates: 16.32g (5.44%), Net Carbohydrates: 14.96g (5.44%), Sugar: 0.91g (1.01%), Cholesterol: 531.14mg (177.04%), Sodium: 1024.47mg (44.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.18g (36.35%), Vitamin A: 2923.54IU (58.47%), Selenium: 32.55µg (46.5%), Phosphorus: 288.68mg (28.87%), Vitamin B2: 0.44mg (25.66%), Vitamin E: 3.15mg (21.03%), Vitamin B1: 0.28mg (18.72%), Vitamin B12: 1µg (16.71%), Vitamin B5: 1.65mg (16.45%), Vitamin B6: 0.31mg (15.57%), Folate: 62.16µg (15.54%), Vitamin D: 2.17µg (14.45%), Zinc: 2.02mg (13.48%), Iron: 2.05mg (11.39%), Vitamin B3: 1.95mg (9.73%), Vitamin C: 7.37mg (8.93%), Calcium: 86.93mg (8.69%), Manganese: 0.17mg (8.6%), Potassium: 277.25mg (7.92%), Copper: 0.12mg (5.99%), Vitamin K: 6.26µg (5.96%), Magnesium: 23.44mg (5.86%), Fiber: 1.36g (5.43%)