



Julia Child's Easy Blender Hollandaise Sauce



Vegetarian



Gluten Free



Popular



Low Fod Map

READY IN



5 min.

SERVINGS



3

CALORIES



330 kcal

SAUCE

Ingredients

- ☐ 3 egg yolk
- ☐ 1 tbsp juice of lemon fresh (I use closer to 2 tbsp)
- ☐ 1 pinch ground pepper (I use a small pinch of cayenne)
- ☐ 0.3 tsp salt
- ☐ 0.5 cup butter unsalted

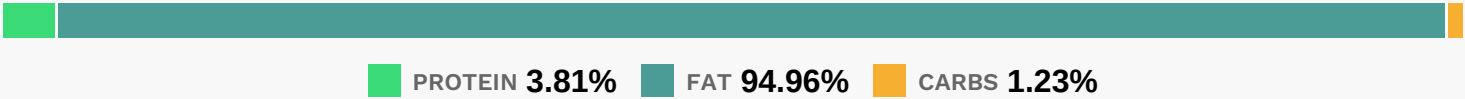
Equipment

- ☐ blender

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Julia Child's Easy Blender Hollandaise Sauce
- ☐ Ingredients3 egg yolks1/4 tsp salt
- ☐ Pinch of pepper (I use a small pinch of cayenne)1-2 tbsp fresh lemon juice (I use closer to 2 tbsp)1/2 cup unsalted butter
- ☐ Total Time: 03 – 5 Minutes
- ☐ Servings: 3/4 cup hollandaise sauce
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:5.0530434662233%

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: 330.43kcal (16.52%), Fat: 35.47g (54.58%), Saturated Fat: 21.16g (132.23%), Carbohydrates: 1.03g (0.34%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.25g (0.28%), Cholesterol: 275.74mg (91.91%), Sodium: 206.65mg (8.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.41%), Vitamin A: 1219.18IU (24.38%), Selenium: 10.47µg (14.95%), Vitamin D: 1.54µg (10.26%), Vitamin E: 1.36mg (9.06%), Phosphorus: 79.78mg (7.98%), Folate: 28.45µg (7.11%), Vitamin B12: 0.42µg (6.92%), Vitamin B2: 0.11mg (6.41%), Vitamin B5: 0.59mg (5.86%), Vitamin B6: 0.07mg (3.36%), Calcium: 32.77mg (3.28%), Zinc: 0.45mg (3.01%), Iron: 0.51mg (2.82%), Vitamin K: 2.8µg (2.67%), Vitamin C: 1.96mg (2.38%), Vitamin B1: 0.03mg (2.33%), Copper: 0.02mg (1.05%)