



Quick and Easy Hollandaise Sauce in the Microwave



Vegetarian



Gluten Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



262 kcal

SAUCE

Ingredients

- ☐ 1 pinch cayenne pepper
- ☐ 2 egg yolks
- ☐ 0.3 juice of lemon juiced to taste
- ☐ 1 pinch salt
- ☐ 0.3 cup butter salted melted

Equipment

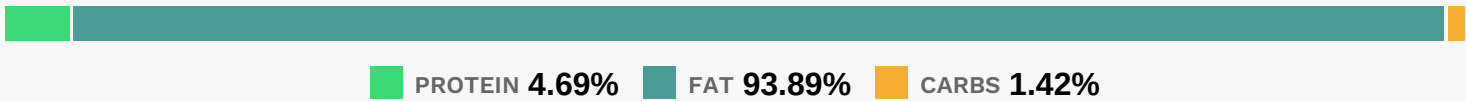
- ☐ bowl

- ☐ whisk
- ☐ microwave

Directions

- ☐ Beat egg yolks, lemon juice, salt, and cayenne pepper together in a microwave–safe bowl until smooth. Slowly stream melted butter into the egg yolk mixture while whisking to incorporate.
- ☐ Heat in microwave for 15 to 20 seconds; whisk.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:4.4852173885574%

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 Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 262.39kcal (13.12%), Fat: 27.8g (42.77%), Saturated Fat: 16.31g (101.92%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.93g (0.34%), Sugar: 0.22g (0.24%), Cholesterol: 255.41mg (85.14%), Sodium: 210.52mg (9.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Vitamin A: 989.68IU (19.79%), Selenium: 10.37µg (14.82%), Phosphorus: 77.46mg (7.75%), Vitamin E: 1.14mg (7.62%), Folate: 27.93µg (6.98%), Vitamin B12: 0.4µg (6.65%), Vitamin D: 0.97µg (6.48%), Vitamin B2: 0.11mg (6.22%), Vitamin B5: 0.57mg (5.74%), Vitamin B6: 0.07mg (3.34%), Calcium: 30.34mg (3.03%), Zinc: 0.44mg (2.95%), Iron: 0.5mg (2.8%), Vitamin B1: 0.03mg (2.28%), Vitamin K: 2.15µg (2.05%), Vitamin C: 1.49mg (1.81%)