



Roasted Asparagus with Hollandaise

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



328 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus fresh
- ☐ 2 pinches cayenne pepper
- ☐ 4 extra large egg yolks at room temperature
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 3 tablespoons juice of lemon freshly squeezed
- ☐ 8 servings olive oil good
- ☐ 12 tablespoons butter unsalted

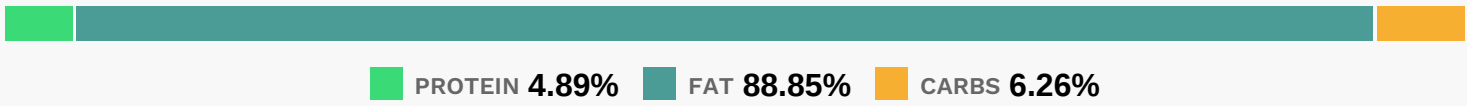
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees.
- ☐ Melt the butter in a small sauce pan.
- ☐ Place the egg yolks, lemon juice, 1 1/2 teaspoons salt, 3/4 teaspoon pepper and cayenne in the jar of a blender. Blend for 15 seconds. With the blender running, slowly pour the hot butter into the blender and blend for 30 seconds, until the sauce is thick. (You can leave it in the blender at room temperature for up to 1 hour. If it is made in advance, add 1 tablespoon hot tap water and blend for a few seconds before serving.)
- ☐ Break off the tough ends of the asparagus and, if they're thick, peel them.
- ☐ Place the asparagus on a baking sheet, drizzle with olive oil, then toss to coat the asparagus completely.
- ☐ Spread the asparagus in a single layer and sprinkle liberally with salt and pepper. Roast the asparagus for 15 to 20 minutes, until tender but still crisp.
- ☐ Pour the hollandaise sauce over the warm asparagus and serve.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.68, Inflammation Score:-8, Nutrition Score:12.462608669115%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg

Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 328.27kcal (16.41%), Fat: 33.61g (51.71%), Saturated Fat: 13.64g (85.22%), Carbohydrates: 5.33g (1.78%), Net Carbohydrates: 2.84g (1.03%), Sugar: 2.36g (2.63%), Cholesterol: 142.35mg (47.45%), Sodium: 9.33mg (0.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.33%), Vitamin K: 57.5µg (54.76%), Vitamin A: 1616.77IU (32.34%), Vitamin E: 4.1mg (27.34%), Folate: 74.14µg (18.54%), Iron: 2.79mg (15.49%), Vitamin B2: 0.22mg (12.82%), Vitamin B1: 0.18mg (12.09%), Copper: 0.23mg (11.39%), Selenium: 7.89µg (11.27%), Vitamin C: 8.72mg (10.57%), Manganese: 0.2mg (10.17%), Phosphorus: 100.45mg (10.04%), Fiber: 2.49g (9.97%), Potassium: 256.21mg (7.32%), Vitamin B6: 0.14mg (7.22%), Vitamin B5: 0.61mg (6.12%), Vitamin B3: 1.15mg (5.74%), Zinc: 0.85mg (5.66%), Vitamin D: 0.8µg (5.34%), Calcium: 45.16mg (4.52%), Magnesium: 17.63mg (4.41%), Vitamin B12: 0.21µg (3.52%)