



Rosemary Hollandaise



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



281 kcal

SAUCE

Ingredients

- ☐ 1.5 cups butter divided cut into 1/2-inch pieces and
- ☐ 6 egg yolk
- ☐ 1.5 tablespoons rosemary leaves fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 cup water hot
- ☐ 0.3 cup citrus champagne vinegar

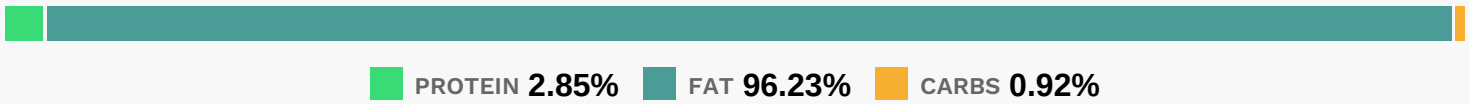
Equipment

- ☐ whisk
- ☐ double boiler

Directions

- ☐ Combine first 3 ingredients in top of a double boiler. Cook over medium-high heat until reduced to 2 tablespoons; add 1/2 cup hot water.
- ☐ Whisk in egg yolks.
- ☐ Add about one-third of butter to egg mixture; cook over hot, not boiling, water, whisking constantly, until butter melts.
- ☐ Add another third of butter, stirring constantly. As sauce thickens, stir in remaining butter. Cook until temperature reaches 160, stirring constantly. Stir in rosemary.
- ☐ Remove sauce from double boiler; serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.2, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:3.4313043569741%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 281.02kcal (14.05%), Fat: 30.5g (46.92%), Saturated Fat: 18.54g (115.9%), Carbohydrates: 0.65g (0.22%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.12g (0.13%), Cholesterol: 189.85mg (63.28%), Sodium: 225.31mg (9.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.07%), Vitamin A: 1016.05IU (20.32%), Selenium: 6.39µg (9.14%), Vitamin E: 1.07mg (7.15%), Phosphorus: 51.25mg (5.12%), Vitamin B12: 0.27µg (4.47%), Folate: 17.43µg (4.36%), Vitamin B2: 0.07mg (4.09%), Vitamin D: 0.58µg (3.89%), Vitamin B5: 0.37mg (3.66%), Vitamin K: 2.62µg (2.5%), Calcium: 24.3mg (2.43%), Vitamin B6: 0.04mg (2.04%), Iron: 0.36mg (2%), Zinc: 0.29mg (1.91%), Vitamin B1: 0.02mg (1.42%), Manganese: 0.02mg (1.23%)