



Shallot-Thyme Hollandaise

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



347 kcal

SAUCE

Ingredients

- 4 tablespoons butter
- 0.3 cup cooking wine dry white
- 4 large egg yolks
- 1 teaspoon flour all-purpose
- 1 teaspoon thyme leaves fresh
- 0.3 teaspoon salt
- 2 tablespoons shallots minced

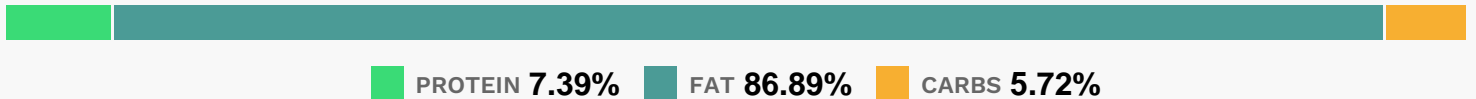
Equipment

- bowl
- frying pan
- whisk
- double boiler

Directions

- Melt butter in a skillet over medium-high heat.
- Add shallots, and cook 2 minutes or just until tender. Stir in thyme and flour.
- Add wine, and simmer until slightly thickened.
- Place egg yolks in the top portion of a double boiler. Slowly whisk in the butter and shallots.
- Place the mixture over barely simmering water.
- Whisk constantly until the egg yolks are thickened, about 2 to 4 minutes. (Do not let the yolks get too hot, or the mixture will scramble.) Stir in salt.
- Place sauce in a bowl of warm water until serving. If mixture thickens, thin with a small amount of water.

Nutrition Facts



Properties

Glycemic Index:107.5, Glycemic Load:1.13, Inflammation Score:-8, Nutrition Score:8.4408694868502%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 346.69kcal (17.33%), Fat: 31.75g (48.85%), Saturated Fat: 17.65g (110.29%), Carbohydrates: 4.7g (1.57%), Net Carbohydrates: 4.22g (1.53%), Sugar: 1.28g (1.43%), Cholesterol: 427.4mg (142.47%), Sodium: 489.86mg (21.3%), Alcohol: 3.09g (100%), Alcohol %: 3.74% (100%), Protein: 6.07g (12.15%), Selenium: 19.81µg (28.3%), Vitamin A:

1237.91IU (24.76%), Phosphorus: 152.86mg (15.29%), Folate: 56.46µg (14.12%), Vitamin D: 1.84µg (12.24%), Vitamin B2: 0.21mg (12.07%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.1mg (10.98%), Vitamin E: 1.53mg (10.21%), Vitamin B6: 0.17mg (8.66%), Iron: 1.36mg (7.55%), Calcium: 61.36mg (6.14%), Zinc: 0.91mg (6.06%), Manganese: 0.11mg (5.39%), Vitamin B1: 0.08mg (5.14%), Potassium: 105.7mg (3.02%), Vitamin C: 2.4mg (2.91%), Magnesium: 9.19mg (2.3%), Vitamin K: 2.4µg (2.29%), Copper: 0.04mg (2.17%), Fiber: 0.49g (1.95%)