



Simple Hollandaise



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



281 kcal

SAUCE

Ingredients

- ☐ 10 tablespoon butter melted
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 2 pasteurized egg yolks
- ☐ 0.1 teaspoon kosher salt
- ☐ 1 tablespoons juice of lemon fresh
- ☐ 2 tablespoons water

Equipment

- ☐ blender

Directions

☐ Place first 3 ingredients in a blender. With motor running, add butter in a slow, steady stream. Stir in lemon juice and salt.

Nutrition Facts



PROTEIN 2.44% **FAT 96.67%** **CARBS 0.89%**

Properties

Glycemic Index:20.5, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:3.1286956881699%

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: 280.95kcal (14.05%), Fat: 30.79g (47.37%), Saturated Fat: 18.85g (117.83%), Carbohydrates: 0.64g (0.21%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.17g (0.19%), Cholesterol: 172.45mg (57.48%), Sodium: 302.47mg (13.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Vitamin A: 1030.66IU (20.61%), Selenium: 5.4µg (7.71%), Vitamin E: 1.07mg (7.12%), Phosphorus: 43.98mg (4.4%), Vitamin B12: 0.23µg (3.92%), Folate: 15.01µg (3.75%), Vitamin B2: 0.06mg (3.56%), Vitamin D: 0.49µg (3.24%), Vitamin B5: 0.31mg (3.13%), Vitamin K: 2.56µg (2.44%), Calcium: 20.6mg (2.06%), Vitamin C: 1.5mg (1.82%), Vitamin B6: 0.04mg (1.79%), Zinc: 0.24mg (1.62%), Iron: 0.26mg (1.45%), Vitamin B1: 0.02mg (1.25%)