



## Simple Hollandaise Sauce

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



42 kcal

SAUCE

### Ingredients

- 1 tsp juice of lemon
- 0.5 cup nonfat yogurt plain
- 0.5 cup mayo reduced fat mayonnaise light kraft
- 1 tsp mustard yellow

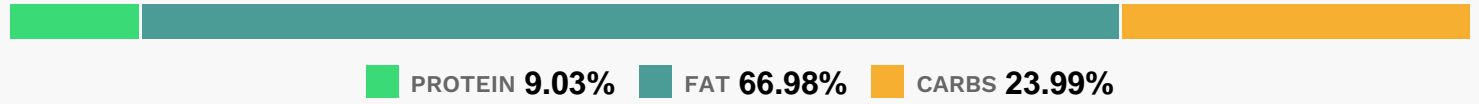
### Equipment

- sauce pan

## Directions

- Mix all ingredients in saucepan.
- Cook on low heat 5 min. or until heated through, stirring constantly.
- Serve over hot steamed fresh asparagus, sugar snap peas or broccoli.

## Nutrition Facts



## Properties

Glycemic Index:4, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.2252173896717%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

## Nutrients (% of daily need)

Calories: 42.41kcal (2.12%), Fat: 3.16g (4.86%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 2.54g (0.85%), Net Carbohydrates: 2.52g (0.91%), Sugar: 1.7g (1.89%), Cholesterol: 2.55mg (0.85%), Sodium: 134.45mg (5.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Vitamin K: 7.56µg (7.2%), Calcium: 31.74mg (3.17%), Phosphorus: 26.87mg (2.69%), Vitamin B2: 0.04mg (2.14%), Vitamin E: 0.31mg (2.06%), Selenium: 1.13µg (1.61%), Vitamin B12: 0.09µg (1.56%), Potassium: 44.97mg (1.28%), Vitamin B5: 0.11mg (1.09%), Zinc: 0.16mg (1.08%)