



Speedy Béarnaise Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



35 kcal

SAUCE

Ingredients



1 tablespoon tarragon fresh chopped



1 tablespoon juice of lemon



0.9 oz béarnaise sauce mix

Equipment



bowl

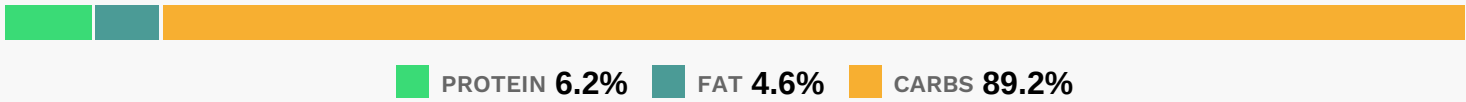


whisk

Directions

- ☐ Prepare barnaise sauce mix according to package directions, stirring in lemon juice and chopped fresh tarragon during last minute of cook time.
- ☐ Note: For testing purposes only, we used McCormick Barnaise Sauce
- ☐ Mix. Speedy Barnaise Sauce can be made 1 day ahead and stored in the refrigerator. To reheat, place bowl over simmering water, and cook, whisking constantly, until mixture is warm.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:0.7, Inflammation Score:-1, Nutrition Score:1.6369565179491%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 34.56kcal (1.73%), Fat: 0.18g (0.28%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 7.9g (2.63%), Net Carbohydrates: 7.71g (2.8%), Sugar: 3.32g (3.68%), Cholesterol: 0mg (0%), Sodium: 1.92mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Manganese: 0.19mg (9.32%), Iron: 0.76mg (4.21%), Vitamin C: 3.1mg (3.76%), Vitamin B6: 0.06mg (2.93%), Calcium: 26.88mg (2.69%), Potassium: 75.62mg (2.16%), Magnesium: 8.4mg (2.1%), Vitamin A: 98.3IU (1.97%), Vitamin B2: 0.03mg (1.88%), Folate: 7.39µg (1.85%), Vitamin B3: 0.21mg (1.07%)