



Steamed Asparagus with Hollandaise Sauce



Vegetarian



Gluten Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



326 kcal

SIDE DISH

Ingredients

- ☐ 1 lb asparagus
- ☐ 10 Tbsp butter unsalted (1 stick plus 2 Tbsp)
- ☐ 3 egg yolks
- ☐ 1 Tbsp juice of lemon
- ☐ 0.5 teaspoon salt salted (skip if using butter)
- ☐ 1 pinch cayenne

Equipment

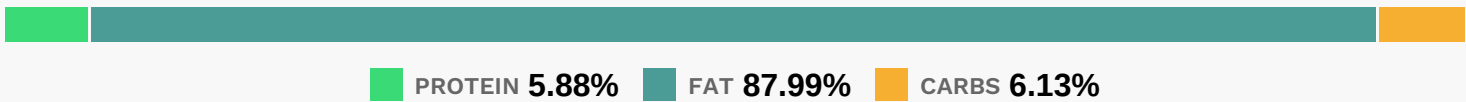
- ☐ frying pan

- ☐ pot
- ☐ blender
- ☐ peeler

Directions

- ☐ Prep the asparagus: Break off the tough ends with your fingers. Bend the asparagus spears near the end and they will break naturally where the spear is no longer tough.
- ☐ For an elegant presentation of the spears, use a vegetable peeler to peel off a very thin layer of the outer skin of the lower two to three inches of the asparagus spears.
- ☐ Prepare a large, shallow pan (with a cover) with a half inch of water and a steamer rack.
- ☐ Prepare the Hollandaise sauce: Melt the butter in a small pot.
- ☐ Put the egg yolks, lemon juice, salt and cayenne into a blender.
- ☐ Blend the eggs for 20–30 seconds at medium to medium high speed until lighter in color.
- ☐ Turn blender down to lowest setting and slowly drizzle in the hot melted butter while the blender is going. Continue to blend for a few seconds after all of the butter is incorporated.
- ☐ Taste the sauce and add more salt or lemon juice if needed. Keep warm while you are steaming the asparagus.
- ☐ Steam the asparagus: Bring the water in your steaming pan to a boil.
- ☐ Place the asparagus on the steaming rack. Cover.
- ☐ Steam for 3 to 5 minutes, until tender, but still a little crisp, definitely not mushy. The timing depends on how thick the asparagus spears are.
- ☐ Serve: To serve, plate the asparagus.
- ☐ Pour Hollandaise sauce over them.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.65, Inflammation Score:-8, Nutrition Score:12.670000014098%

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 Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 326.07kcal (16.3%), Fat: 33.03g (50.81%), Saturated Fat: 19.89g (124.34%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 2.78g (1.01%), Sugar: 2.33g (2.58%), Cholesterol: 223.47mg (74.49%), Sodium: 16.72mg (0.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.93%), Vitamin K: 49.82µg (47.44%), Vitamin A: 1965.35IU (39.31%), Folate: 80.54µg (20.13%), Vitamin E: 2.48mg (16.54%), Iron: 2.81mg (15.6%), Selenium: 10.54µg (15.05%), Vitamin B2: 0.24mg (14.37%), Vitamin B1: 0.19mg (12.58%), Phosphorus: 120.66mg (12.07%), Copper: 0.23mg (11.55%), Fiber: 2.4g (9.6%), Vitamin C: 7.82mg (9.48%), Manganese: 0.19mg (9.45%), Vitamin D: 1.26µg (8.41%), Vitamin B6: 0.15mg (7.69%), Vitamin B5: 0.76mg (7.59%), Potassium: 256.82mg (7.34%), Zinc: 0.96mg (6.39%), Vitamin B3: 1.13mg (5.67%), Vitamin B12: 0.32µg (5.41%), Calcium: 53.56mg (5.36%), Magnesium: 17.54mg (4.38%)