



Vegan Saffron Hollandaise



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



10

CALORIES



66 kcal

SAUCE

Ingredients

- ☐ 2 tbsp butter (I recommend Earth Balance)
- ☐ 1 pinch ground pepper generous to taste (I use a pinch,)
- ☐ 2.5 tsp cornstarch
- ☐ 0.8 tsp garlic crushed
- ☐ 1 tbsp juice of lemon fresh to taste
- ☐ 1 pinch saffron threads generous hot for soaking
- ☐ 0.5 tsp salt to taste
- ☐ 0.8 cup coconut milk unsweetened canned (full fat, ,)

☐ 0.3 cup soy milk unsweetened (no vanilla added)

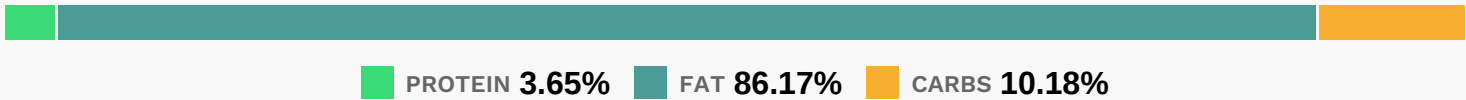
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ mortar and pestle

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Vegan Saffron Hollandaise
- ☐ Ingredients
- ☐ Generous pinch saffron threads, plus 2 tbsp hot water for soaking2 tbsp non-hydrogenated butter substitute (I recommend Earth Balance)3/4 tsp crushed garlic2 1/2 tsp corn starch3/4 cup coconut milk (full fat, unsweetened, canned)1/4 cup unsweetened almond or soy milk (no vanilla added)1 tbsp fresh lemon juice, or more to taste1/2 tsp salt, or more to taste
- ☐ Pinch of cayenne pepper, or more to taste (I use a generous pinch, about 1/8 tsp)You will also need
- ☐ Mortar and pestle, small saucepan, whisk
- ☐ Total Time: 15 Minutes
- ☐ Servings: 1 1/4 cup hollandaise (10 servings)
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:13.2, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.5221738957031%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 66.13kcal (3.31%), Fat: 6.64g (10.22%), Saturated Fat: 4.28g (26.75%), Carbohydrates: 1.77g (0.59%), Net Carbohydrates: 1.32g (0.48%), Sugar: 0.67g (0.74%), Cholesterol: 0mg (0%), Sodium: 147.73mg (6.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.27%), Manganese: 0.17mg (8.54%), Copper: 0.05mg (2.71%), Vitamin A: 117.03IU (2.34%), Phosphorus: 21.14mg (2.11%), Magnesium: 7.9mg (1.98%), Iron: 0.33mg (1.85%), Fiber: 0.44g (1.77%), Potassium: 58.52mg (1.67%), Selenium: 1.16µg (1.66%), Vitamin C: 1.17mg (1.41%), Calcium: 11.83mg (1.18%), Vitamin B12: 0.07µg (1.17%), Vitamin B1: 0.02mg (1.01%)