

Chimichurri Hollandaise Sauce

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Yield: 3/4 cup

1/2 cup butter
3 egg yolks
2 tablespoons white wine vinegar
2 tablespoons fresh parsley, chopped
1 tablespoon fresh cilantro, chopped
1 clove garlic
1 teaspoon lemon juice
1/2 teaspoon Dijon mustard
pinch red pepper flakes
1/4 teaspoon salt
1/4 teaspoon pepper

Cook Time: 10 minutes

In a small saucepan on medium-high heat, heat the butter until melted.

In a blender, combine the egg yolks, vinegar, parsley, cilantro, garlic, lemon juice, mustard, red pepper flakes, salt and pepper.

Pulse until smooth.

Add the hot butter. Pulse again until smooth and thick.

Per Serving (excluding unknown items): 1007 Calories; 108g Fat (94.1% calories from fat); 10g Protein; 5g Carbohydrate; 1g Dietary Fiber; 886mg Cholesterol; 1528mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 20 1/2 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1007	Vitamin B6 (mg):	.2mg
% Calories from Fat:	94.1%	Vitamin B12 (mcg):	1.7mcg
% Calories from Carbohydrates:	2.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.9%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	108g	Folacin (mcg):	89mcg
Saturated Fat (g):	62g	Niacin (mg):	trace
Monounsaturated Fat (g):	32g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	886mg	% Daily Value*	on on%
Carbohydrate (g):	5g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	10g	Lean Meat:	1

Sodium (mg): 1528mg
Potassium (mg): 182mg
Calcium (mg): 122mg
Iron (mg): 3mg
Zinc (mg): 2mg
Vitamin C (mg): 14mg
Vitamin A (i.u.): 4893IU
Vitamin A (r.e.): 1195RE

Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 20 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1007 Calories from Fat: 948

% Daily Values*

Total Fat	108g	165%
Saturated Fat	62g	310%
Cholesterol	886mg	295%
Sodium	1528mg	64%
Total Carbohydrates	5g	2%
Dietary Fiber	1g	2%
Protein	10g	
Vitamin A		98%
Vitamin C		23%
Calcium		12%
Iron		16%

* Percent Daily Values are based on a 2000 calorie diet.