

Classic Bearnaise Sauce

Southern Living -1986 Annual Recipes

Yield: 1 1/3 cups

4 egg yolks

1 1/2 tablespoons lemon juice

1 1/2 tablespoons tarragon vinegar

1/4 teaspoon dried whole tarragon

1/8 teaspoon salt

1/8 teaspoon white pepper

1/2 cup butter or margarine, melted

In the container of an electric blender, combine the egg yolks, lemon juice, tarragon vinegar, tarragon, salt and pepper. Blend until lemon colored.

Add the butter in a slow, steady stream, continuing to blend until thick.

Pour the mixture into a serving dish. Cover with plastic wrap, letting the wrap touch the sauce.

Chill until ready to serve.

Serve at room temperature.

Per Serving (excluding unknown items): 1060 Calories; 112g Fat (93.7% calories from fat); 12g Protein; 5g Carbohydrate; trace Dietary Fiber; 1099mg Cholesterol; 1221mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Fruit; 21 1/2 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1060
% Calories from Fat:	93.7%
% Calories from Carbohydrates:	1.7%
% Calories from Protein:	4.5%
Total Fat (g):	112g
Saturated Fat (g):	64g
Monounsaturated Fat (g):	34g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	1099mg
Carbohydrate (g):	5g
Dietary Fiber (g):	trace

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	2.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	103mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
-----------------	---

Protein (g): 12g
Sodium (mg): 1221mg
Potassium (mg): 143mg
Calcium (mg): 124mg
Iron (mg): 3mg
Zinc (mg): 2mg
Vitamin C (mg): 11mg
Vitamin A (i.u.): 4764IU
Vitamin A (r.e.): 1246 1/2RE

Lean Meat: 1
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 21 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1060 **Calories from Fat:** 994

% Daily Values*

Total Fat	112g	173%
Saturated Fat	64g	318%
Cholesterol	1099mg	366%
Sodium	1221mg	51%
Total Carbohydrates	5g	2%
Dietary Fiber	trace	1%
Protein	12g	

Vitamin A	95%
Vitamin C	18%
Calcium	12%
Iron	15%

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