

Hollandaise Sauce

Southern Living - 1986 Annual Recipes

Yield: 3/4 cup

- 3 egg yolks*
- 1/8 teaspoon salt*
- dash red pepper*
- 2 tablespoons lemon juice*
- 1/2 cup butter or margarine, softened and divided*

In the top of a double boiler, beat the egg yolks, salt and red pepper. Gradually add the lemon juice, stirring constantly.

Add about one-third of the butter to the egg mixture. Cook over hot, but not boiling, water. Stir constantly until the butter melts.

Add another third of the butter, stirring constantly. As the sauce thickens, stir in the remaining one-third of the butter. Cook until thickened.

Per Serving (excluding unknown items): 999 Calories; 107g Fat (94.9% calories from fat); 9g Protein; 4g Carbohydrate; trace Dietary Fiber; 886mg Cholesterol; 1214mg Sodium. Exchanges: 1 Lean Meat; 0 Fruit; 20 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	999
% Calories from Fat:	94.9%
% Calories from Carbohydrates:	1.4%
% Calories from Protein:	3.7%
Total Fat (g):	107g
Saturated Fat (g):	62g
Monounsaturated Fat (g):	32g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	886mg
Carbohydrate (g):	4g
Dietary Fiber (g):	trace
Protein (g):	9g
Sodium (mg):	1214mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.7mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	80mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	0

Potassium (mg): 114mg
Calcium (mg): 99mg
Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): 14mg
Vitamin A (i.u.): 4442IU
Vitamin A (r.e.): 1150RE

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

Nutrition Facts

Amount Per Serving

Calories 999 **Calories from Fat:** 948

% Daily Values*

Total Fat 107g	165%
Saturated Fat 62g	310%
Cholesterol 886mg	295%
Sodium 1214mg	51%
Total Carbohydrates 4g	1%
Dietary Fiber trace	0%
Protein 9g	
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Vitamin A	89%
Vitamin C	23%
Calcium	10%
Iron	11%

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