

Lime Hollandaise Sauce

The Essential Appetizers Cookbook (1999)
Whitecap Books

1 egg yolk
1 tablespoon lime juice
1 1/2 ounces butter, melted
1 tablespoon snipped chives
salt (to taste)
pepper (to taste)

In a food processor, mix the egg yolk and lime juice for 30 seconds. With the motor running, add the melted butter in a thin stream.

Transfer to a bowl. Add the chives, salt and pepper.

Per Serving (excluding unknown items): 368 Calories; 40g Fat (94.8% calories from fat); 3g Protein; 2g Carbohydrate; trace Dietary Fiber; 306mg Cholesterol; 359mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fruit; 7 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	368
% Calories from Fat:	94.8%
% Calories from Carbohydrates:	1.8%
% Calories from Protein:	3.4%
Total Fat (g):	40g
Saturated Fat (g):	23g
Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	306mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	359mg
Potassium (mg):	43mg
Calcium (mg):	34mg
Iron (mg):	1mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	27mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	7 1/2

Zinc (mg): 1mg
Vitamin C (mg): 5mg
Vitamin A (i.u.): 1625IU
Vitamin A (r.e.): 419RE

Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories	368	Calories from Fat: 349
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% Daily Values*

Total Fat	40g	61%
Saturated Fat	23g	115%
Cholesterol	306mg	102%
Sodium	359mg	15%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	0%
Protein	3g	

Vitamin A	32%
Vitamin C	8%
Calcium	3%
Iron	4%

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