

Hollandaise Sauce II

Southern Living - 1987 Annual Recipes

Yield: 1 1/4 cups

5 egg yolks
3 tablespoons lemon juice
1/8 teaspoon hot sauce
1/2 teaspoon salt
1/2 to 3/4 teaspoon white pepper
3/4 cup butter or margarine, melted

In the container of an electric blender, combine the egg yolks, lemon juice, hot sauce, salt and pepper. Blend until the mixture is thick and lemon colored.

Turn the blender to LOW speed. Add the butter in a slow, steady stream.

Turn the blender to HIGH speed. Process until the mixture is thick.

Per Serving (excluding unknown items): 1539 Calories; 164g Fat (93.9% calories from fat); 16g Protein; 8g Carbohydrate; 1g Dietary Fiber; 1436mg Cholesterol; 2522mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 31 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1539	Vitamin B6 (mg):	.3mg
% Calories from Fat:	93.9%	Vitamin B12 (mcg):	2.8mcg
% Calories from Carbohydrates:	2.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.1%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	164g	Folacin (mcg):	132mcg
Saturated Fat (g):	94g	Niacin (mg):	trace
Monounsaturated Fat (g):	50g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	9g	Alcohol (kcal):	0
Cholesterol (mg):	1436mg	% Refuse:	n n%
Carbohydrate (g):	8g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	16g	Lean Meat:	1 1/2
Sodium (mg):	2522mg	Vegetable:	0
Potassium (mg):	182mg	Fruit:	1/2

Calcium (mg): 174mg
Iron (mg): 4mg
Zinc (mg): 3mg
Vitamin C (mg): 22mg
Vitamin A (i.u.): 6827IU
Vitamin A (r.e.): 1773 1/2RE

Non-Fat Milk: 0
Fat: 31 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1539 **Calories from Fat:** 1445

% Daily Values*

Total Fat 164g	252%
Saturated Fat 94g	469%
Cholesterol 1436mg	479%
Sodium 2522mg	105%
Total Carbohydrates 8g	3%
Dietary Fiber 1g	4%
Protein 16g	
Vitamin A	137%
Vitamin C	37%
Calcium	17%
Iron	21%

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