



Absolutely the BEST Blue Cheese Dressing Ever!

 Vegetarian  Gluten Free  Popular

READY IN



10 min.

SERVINGS



6

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.5 ounces cheese blue
- 3 tablespoons buttermilk
- 0.1 teaspoon garlic powder
- 2 tablespoons mayonnaise
- 6 servings salt and pepper black freshly ground
- 3 tablespoons cup heavy whipping cream sour
- 0.3 teaspoon sugar

2 teaspoons citrus champagne vinegar

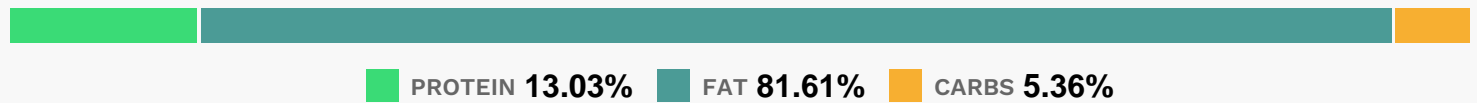
Equipment

bowl

Directions

In a small bowl, mash blue cheese and buttermilk together with a fork until mixture resembles large-curd cottage cheese. Stir in sour cream, mayonnaise, vinegar, sugar, and garlic powder until well blended. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:35.85, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:2.2191304580673%

Nutrients (% of daily need)

Calories: 91.38kcal (4.57%), Fat: 8.3g (12.77%), Saturated Fat: 3.5g (21.91%), Carbohydrates: 1.23g (0.41%), Net Carbohydrates: 1.2g (0.43%), Sugar: 0.82g (0.92%), Cholesterol: 15.18mg (5.06%), Sodium: 175.4mg (7.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.96%), Calcium: 78.02mg (7.8%), Vitamin K: 8.17µg (7.78%), Phosphorus: 58.18mg (5.82%), Vitamin B2: 0.07mg (4.08%), Selenium: 2.34µg (3.34%), Vitamin B12: 0.2µg (3.28%), Vitamin A: 143.46IU (2.87%), Vitamin B5: 0.26mg (2.63%), Zinc: 0.37mg (2.49%), Potassium: 51.53mg (1.47%), Vitamin E: 0.21mg (1.41%), Folate: 5.27µg (1.32%), Vitamin B6: 0.03mg (1.32%), Vitamin D: 0.17µg (1.11%), Magnesium: 4.4mg (1.1%)