



Blue Cheese and Caramelized Shallot Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



261 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces cheese blue room temperature
- ☐ 0.8 cup mayonnaise
- ☐ 4 ounces shallots thinly sliced
- ☐ 0.8 cup cream sour
- ☐ 1 tablespoon vegetable oil

Equipment

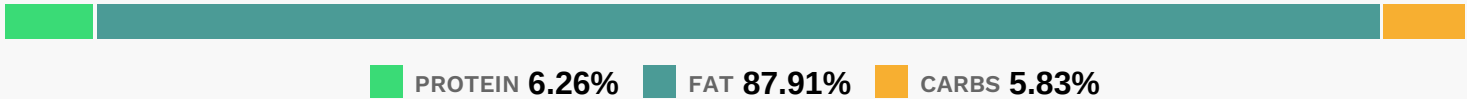
- ☐ bowl
- ☐ sauce pan

- ☐ whisk
- ☐ spatula

Directions

- ☐ Heat oil in heavy medium saucepan over medium-low heat.
- ☐ Add shallots. Cover and cook until shallots are deep golden brown, stirring occasionally, about 20 minutes. Cool.
- ☐ Whisk together mayonnaise and sour cream in medium bowl to blend.
- ☐ Add blue cheese. Using rubber spatula, mash mixture until smooth. Stir in caramelized shallots. Season dip to taste with salt and pepper. Cover dip and refrigerate until flavors blend, about 2 hours. (Can be made 2 days ahead. Keep refrigerated.)
- ☐ Serve dip chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:0.73, Inflammation Score:-3, Nutrition Score:4.9165217487708%

Nutrients (% of daily need)

Calories: 260.76kcal (13.04%), Fat: 25.67g (39.5%), Saturated Fat: 7.55g (47.17%), Carbohydrates: 3.83g (1.28%), Net Carbohydrates: 3.38g (1.23%), Sugar: 2.04g (2.27%), Cholesterol: 32.17mg (10.72%), Sodium: 304.75mg (13.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.23%), Vitamin K: 38.13µg (36.32%), Calcium: 103.55mg (10.35%), Phosphorus: 84.16mg (8.42%), Vitamin E: 0.95mg (6.34%), Vitamin B2: 0.1mg (5.72%), Vitamin A: 256.7IU (5.13%), Selenium: 3.51µg (5.01%), Vitamin B6: 0.08mg (4.15%), Vitamin B12: 0.24µg (4.06%), Vitamin B5: 0.39mg (3.95%), Zinc: 0.54mg (3.58%), Potassium: 114.78mg (3.28%), Folate: 12.27µg (3.07%), Manganese: 0.05mg (2.33%), Magnesium: 8.6mg (2.15%), Fiber: 0.45g (1.81%), Vitamin C: 1.33mg (1.61%), Iron: 0.27mg (1.52%), Copper: 0.03mg (1.3%), Vitamin B1: 0.02mg (1.27%)