



Blue Cheese and Tomato Salad

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



186 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 ounces cheese blue crumbled
- 0.3 cup garlic infused olive oil
- 6 ounces greek yogurt fat-free good (is here)
- 4 large heirloom tomatoes sliced (different colors are best here)
- 6 servings kosher salt and pepper black freshly ground
- 6 servings water
- 1 teaspoon worcestershire sauce

Equipment

bowl

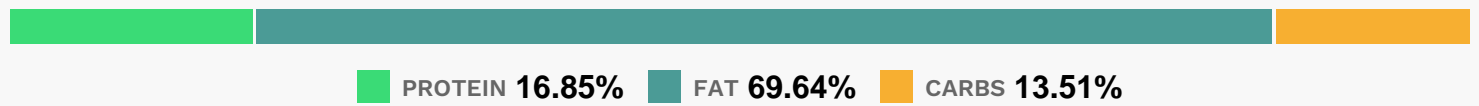
whisk

Directions

In a large bowl, whisk together the oil, yogurt, Worcestershire and salt and pepper, to taste. Stir in the blue cheese; and add a little water if it's too thick, until desired consistency. Cover and refrigerate at least 1 hour before serving.

To serve arrange the tomatoes on serving plates and season with salt and pepper, to taste. Top with creamy dressing and enjoy!

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:1.37, Inflammation Score:-7, Nutrition Score:8.7369565289953%

Flavonoids

Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 186.43kcal (9.32%), Fat: 14.77g (22.73%), Saturated Fat: 4.84g (30.26%), Carbohydrates: 6.45g (2.15%), Net Carbohydrates: 4.97g (1.81%), Sugar: 4.31g (4.79%), Cholesterol: 15.59mg (5.2%), Sodium: 258.65mg (11.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.09%), Vitamin A: 1157.38IU (23.15%), Vitamin C: 16.75mg (20.31%), Calcium: 152.09mg (15.21%), Vitamin K: 15.63µg (14.89%), Phosphorus: 141.58mg (14.16%), Vitamin E: 2mg (13.35%), Potassium: 385.33mg (11.01%), Vitamin B2: 0.18mg (10.38%), Selenium: 5.56µg (7.94%), Manganese: 0.16mg (7.77%), Vitamin B6: 0.15mg (7.34%), Vitamin B12: 0.43µg (7.15%), Folate: 27.09µg (6.77%), Copper: 0.13mg (6.26%), Fiber: 1.48g (5.93%), Zinc: 0.89mg (5.91%), Magnesium: 23.48mg (5.87%), Vitamin B5: 0.53mg (5.3%), Vitamin B3: 0.98mg (4.91%), Vitamin B1: 0.06mg (3.83%), Iron: 0.52mg (2.88%)