



Blue Cheese-Buttermilk Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 4 ounce cheese blue crumbled
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 cup mayonnaise reduced-fat
- ☐ 1 cup nonfat buttermilk

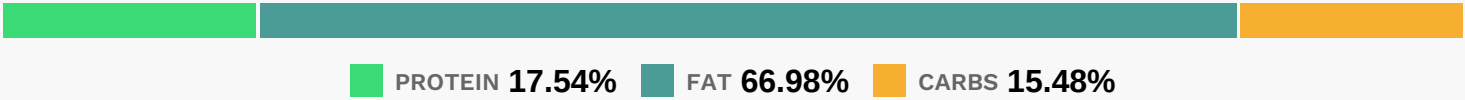
Equipment

- ☐ bowl

Directions

- ☐ Stir together all ingredients in a bowl.
- ☐ Serve over salad.

Nutrition Facts



Properties

Glycemic Index:8.14, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:2.633478289713%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 110.16kcal (5.51%), Fat: 8.22g (12.64%), Saturated Fat: 3.58g (22.4%), Carbohydrates: 4.27g (1.42%), Net Carbohydrates: 4.24g (1.54%), Sugar: 2.51g (2.79%), Cholesterol: 15.39mg (5.13%), Sodium: 349.85mg (15.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.69%), Calcium: 92.05mg (9.2%), Vitamin K: 8.99µg (8.56%), Phosphorus: 66.26mg (6.63%), Selenium: 2.83µg (4.05%), Vitamin B2: 0.06mg (3.72%), Vitamin C: 3.03mg (3.67%), Vitamin B12: 0.2µg (3.29%), Vitamin B5: 0.3mg (3%), Zinc: 0.45mg (3%), Vitamin A: 135.23IU (2.7%), Vitamin E: 0.4mg (2.67%), Folate: 7.77µg (1.94%), Vitamin B6: 0.04mg (1.77%), Potassium: 54.77mg (1.56%), Magnesium: 4.54mg (1.13%)