



Blue Cheese-Dill Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



101 kcal

SAUCE

Ingredients

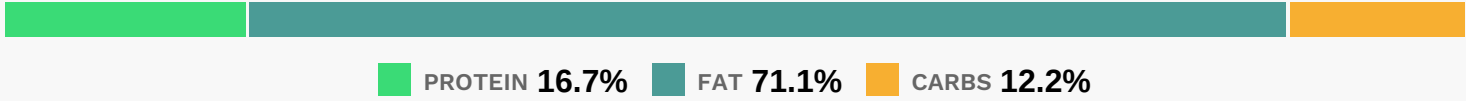
- ☐ 2 ounces cheese blue crumbled
- ☐ 2 teaspoons optional: dill fresh chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup yogurt plain 2% low-fat
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cream sour

Equipment

Directions

☐ Stir together sour cream, yogurt, dill, blue cheese, lemon juice, and salt.

Nutrition Facts



Properties

Glycemic Index:8.4, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:3.0278260586378%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 101.24kcal (5.06%), Fat: 8.1g (12.46%), Saturated Fat: 4.69g (29.31%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 3.12g (1.14%), Sugar: 2.59g (2.88%), Cholesterol: 23.54mg (7.85%), Sodium: 271mg (11.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.56%), Calcium: 128.15mg (12.82%), Phosphorus: 96.75mg (9.68%), Vitamin B2: 0.13mg (7.92%), Vitamin B12: 0.32µg (5.4%), Vitamin A: 245.45IU (4.91%), Selenium: 3.31µg (4.72%), Vitamin B5: 0.42mg (4.2%), Zinc: 0.6mg (3.98%), Potassium: 116.46mg (3.33%), Magnesium: 9.16mg (2.29%), Folate: 8.42µg (2.1%), Vitamin B6: 0.04mg (2.04%), Vitamin B1: 0.02mg (1.26%)