

Blue Cheese Dip



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



258 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 servings pepper black freshly ground
- ☐ 0.5 pound cheese smoked blue crumbled (or regular)
- ☐ 1 teaspoon thyme sprigs fresh finely chopped
- ☐ 1 garlic clove coarsely chopped
- ☐ 10 servings kosher salt
- ☐ 0.7 cup mayonnaise
- ☐ 2.5 teaspoon red wine vinegar
- ☐ 10 servings baby carrots fresh assorted for dipping (such as baby carrots, green beans, and endive leaves)

☐ 1 cup cream sour

Equipment

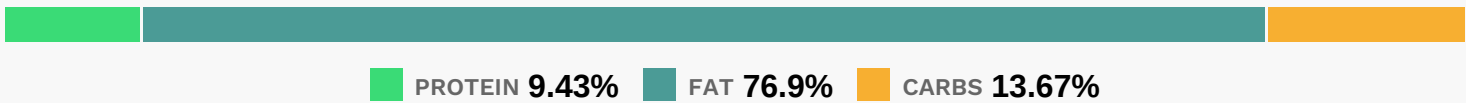
☐ bowl

☐ whisk

Directions

- ☐ Sprinkle salt over garlic and chop, occasionally smearing mixture with blade of knife, until paste forms.
- ☐ Whisk garlic paste, vinegar, and thyme in a medium bowl.
- ☐ Add cheese; mash with the back of a fork until cheese is finely crumbled. Stir in sour cream and mayonnaise. Season dip to taste with salt and pepper.
- ☐ Serve with assorted vegetables. DO AHEAD: Can be made 2 days ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:18.4, Glycemic Load:0.24, Inflammation Score:-10, Nutrition Score:11.763043452864%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 258.03kcal (12.9%), Fat: 22.26g (34.25%), Saturated Fat: 8.33g (52.08%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 6.38g (2.32%), Sugar: 5.03g (5.59%), Cholesterol: 36.85mg (12.28%), Sodium: 623.05mg (27.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.29%), Vitamin A: 12057.62IU (241.15%), Vitamin K: 33.39µg (31.8%), Calcium: 173.36mg (17.34%), Phosphorus: 133.12mg (13.31%), Fiber: 2.52g (10.1%), Vitamin B2: 0.16mg (9.42%), Potassium: 295.52mg (8.44%), Vitamin B5: 0.84mg (8.4%), Folate: 33.36µg (8.34%), Manganese: 0.16mg (7.81%), Selenium: 5.3µg (7.57%), Vitamin B6: 0.14mg (7.11%), Vitamin B12: 0.34µg (5.72%), Zinc: 0.86mg (5.7%), Copper: 0.1mg (5.23%), Iron: 0.93mg (5.17%), Vitamin E: 0.64mg (4.23%), Magnesium: 16.79mg (4.2%), Vitamin B3: 0.73mg (3.66%), Vitamin C: 2.84mg (3.44%), Vitamin B1: 0.04mg (2.6%)