

Blue Cheese Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



18

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons cheese blue divided crumbled
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons canola mayonnaise
- ☐ 0.5 cup cup heavy whipping cream fat-free sour

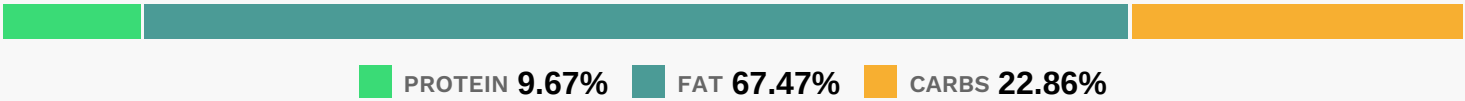
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Place cream cheese in a medium bowl; beat with a mixer until smooth.
- ☐ Add sour cream, mayonnaise, garlic, and half of blue cheese, beating until smooth.
- ☐ Stir in remaining blue cheese.

Nutrition Facts



Properties

Glycemic Index:5.94, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.4917391312673%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 19.92kcal (1%), Fat: 1.5g (2.31%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 1.14g (0.38%), Net Carbohydrates: 1.14g (0.41%), Sugar: 0.04g (0.05%), Cholesterol: 2.1mg (0.7%), Sodium: 32.36mg (1.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.97%), Vitamin K: 2.57µg (2.45%), Calcium: 14.87mg (1.49%), Phosphorus: 11.42mg (1.14%)