



Blue Cheese Dip II



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



3

CALORIES



802 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces cheese blue crumbled
- ☐ 2 tablespoons parsley dried
- ☐ 3 servings garlic salt to taste
- ☐ 4 green onions finely chopped
- ☐ 1 cup mayonnaise
- ☐ 1 cup cup heavy whipping cream sour

Equipment

- ☐ bowl

Directions

☐ In a medium bowl, mix mayonnaise, sour cream, green onions, dried parsley, blue cheese and garlic salt. Cover and chill in the refrigerator until serving.

Nutrition Facts



PROTEIN 5.61% **FAT 91.06%** **CARBS 3.33%**

Properties

Glycemic Index:36.33, Glycemic Load:0.69, Inflammation Score:-8, Nutrition Score:14.161739131679%

Flavonoids

Apigenin: 60.05mg, Apigenin: 60.05mg, Apigenin: 60.05mg, Apigenin: 60.05mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 4.42mg, Isorhamnetin: 4.42mg, Isorhamnetin: 4.42mg, Isorhamnetin: 4.42mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 801.98kcal (40.1%), Fat: 81.68g (125.66%), Saturated Fat: 23.57g (147.32%), Carbohydrates: 6.71g (2.24%), Net Carbohydrates: 5.94g (2.16%), Sugar: 3.7g (4.11%), Cholesterol: 104.94mg (34.98%), Sodium: 1134.97mg (49.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.32g (22.65%), Vitamin K: 175.01µg (166.68%), Calcium: 309.83mg (30.98%), Phosphorus: 231.96mg (23.2%), Vitamin E: 3.04mg (20.28%), Vitamin A: 999.95IU (20%), Vitamin B2: 0.33mg (19.53%), Selenium: 10.32µg (14.74%), Vitamin B12: 0.71µg (11.86%), Vitamin B5: 1.07mg (10.66%), Zinc: 1.51mg (10.04%), Manganese: 0.17mg (8.7%), Folate: 34.58µg (8.65%), Potassium: 287.51mg (8.21%), Vitamin C: 5.36mg (6.5%), Magnesium: 25.65mg (6.41%), Vitamin B6: 0.12mg (6.1%), Iron: 0.86mg (4.78%), Vitamin B3: 0.67mg (3.37%), Copper: 0.07mg (3.35%), Fiber: 0.77g (3.09%), Vitamin B1: 0.05mg (3.01%), Vitamin D: 0.34µg (2.26%)