



## Blue Cheese Dip with Vegetables

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



24

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 cups curd cottage cheese
- 2 tablespoons milk
- 2 teaspoons juice of lemon
- 2 teaspoons onion grated
- 3 tablespoons cheese blue crumbled
- 1 tablespoon parsley fresh chopped
- 1 medium bell pepper
- 1 serving savory vegetable raw for dipping

# Equipment

blender

# Directions

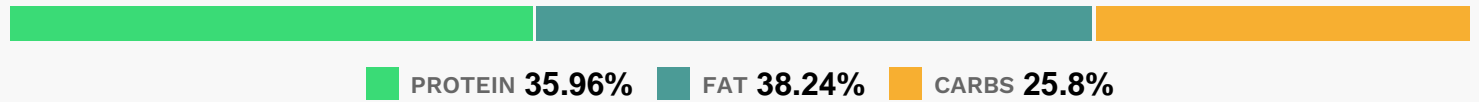
Place all ingredients except bell pepper and raw vegetables in blender. Cover and blend on medium speed, stopping blender occasionally to scrape sides, until smooth.

Cover and refrigerate 1 hour to blend flavors.

Cut off top of bell pepper and hollow out. Spoon dip into pepper.

Serve with raw vegetables.

# Nutrition Facts



# Properties

Glycemic Index:9.5, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:1.8134782314301%

# Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

# Nutrients (% of daily need)

Calories: 21.62kcal (1.08%), Fat: 0.94g (1.44%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 1.42g (0.47%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.67g (0.74%), Cholesterol: 3.21mg (1.07%), Sodium: 57.12mg (2.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Vitamin C: 7.14mg (8.65%), Vitamin A: 390.33IU (7.81%), Phosphorus: 30.81mg (3.08%), Vitamin K: 3µg (2.86%), Selenium: 1.54µg (2.2%), Vitamin B2: 0.04mg (2.11%), Calcium: 19.47mg (1.95%), Folate: 5.76µg (1.44%), Vitamin B6: 0.03mg (1.37%), Vitamin B12: 0.08µg (1.3%), Vitamin B5: 0.12mg (1.22%), Potassium: 38.9mg (1.11%), Fiber: 0.27g (1.06%)