

Blue Cheese Dip with Vegetables



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



24

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

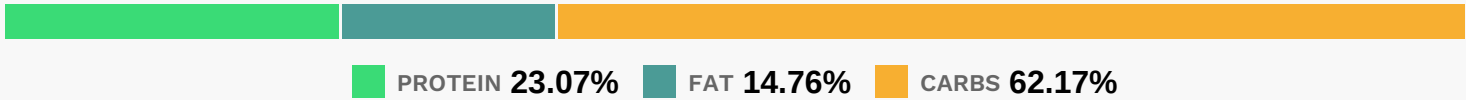
Equipment

☐ 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:4.1, Inflammation Score:-10, Nutrition Score:9.7521738111973%

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: 77.43kcal (3.87%), Fat: 1.39g (2.14%), Saturated Fat: 0.52g (3.26%), Carbohydrates: 13.16g (4.39%), Net Carbohydrates: 9.4g (3.42%), Sugar: 0.67g (0.74%), Cholesterol: 3.21mg (1.07%), Sodium: 98.1mg (4.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.77%), Vitamin A: 4818.77IU (96.38%), Vitamin C: 16.21mg (19.64%), Fiber: 3.75g (15.01%), Manganese: 0.23mg (11.43%), Phosphorus: 82.26mg (8.23%), Vitamin B1: 0.12mg (7.92%), Folate: 31.05µg (7.76%), Vitamin B2: 0.11mg (6.47%), Potassium: 223.78mg (6.39%), Vitamin B3: 1.21mg (6.07%), Magnesium: 24.04mg (6.01%), Vitamin B6: 0.11mg (5.55%), Iron: 0.91mg (5.05%), Copper: 0.09mg (4.52%), Calcium: 41.27mg (4.13%), Zinc: 0.51mg (3.39%), Vitamin K: 3µg (2.86%), Selenium: 1.89µg (2.7%), Vitamin B5: 0.26mg (2.64%), Vitamin B12: 0.08µg (1.3%)