

Blue Cheese Dressing

 **Gluten Free**

READY IN

ready

45 min.

SERVINGS

servings

10

CALORIES

calories

239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

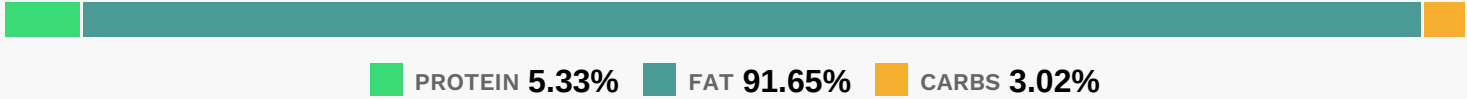
- ☐ 4 ounces cheese blue crumbled
- ☐ 1 teaspoon juice of lemon
- ☐ 1 cup mayonnaise
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 1 tablespoon worcestershire sauce

Equipment

Directions

☐ Stir together all ingredients.

Nutrition Facts



Properties

Glycemic Index:7.7, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:3.9978260220555%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 238.67kcal (11.93%), Fat: 24.41g (37.56%), Saturated Fat: 7.03g (43.95%), Carbohydrates: 1.8g (0.6%), Net Carbohydrates: 1.8g (0.66%), Sugar: 1.14g (1.27%), Cholesterol: 31.29mg (10.43%), Sodium: 359.92mg (15.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.39%), Vitamin K: 37.14µg (35.37%), Calcium: 86.46mg (8.65%), Phosphorus: 66.89mg (6.69%), Vitamin E: 0.85mg (5.68%), Vitamin B2: 0.09mg (5.17%), Vitamin A: 243.75IU (4.87%), Selenium: 3.01µg (4.3%), Vitamin B12: 0.21µg (3.55%), Vitamin B5: 0.31mg (3.11%), Zinc: 0.41mg (2.76%), Potassium: 75.99mg (2.17%), Folate: 6.8µg (1.7%), Vitamin B6: 0.03mg (1.51%), Magnesium: 5.35mg (1.34%), Iron: 0.19mg (1.05%)