



Blue Cheese Dressing



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pinch big coarse salt
- ☐ 0.5 cup gorgonzola cheese crumbled (use the picante or mountain kind, not the dulce)
- ☐ 9 servings grinds pepper fresh black
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 large shallots peeled thinly sliced
- ☐ 0.3 cup heavy whipping cream sour
- ☐ 0.3 cup vegenaïse
- ☐ 0.3 cup water cold

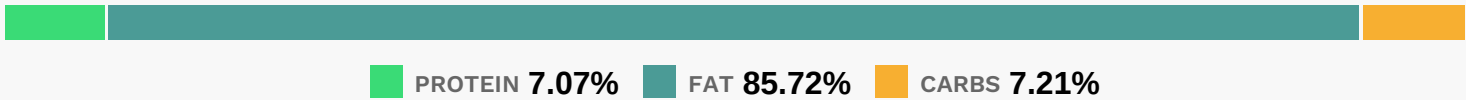
Equipment

☐ bowl

Directions

- ☐ Stir everything together in a small bowl.
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Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:1.7486956378688%

Nutrients (% of daily need)

Calories: 142.41kcal (7.12%), Fat: 13.19g (20.3%), Saturated Fat: 3.94g (24.61%), Carbohydrates: 2.5g (0.83%), Net Carbohydrates: 2.33g (0.85%), Sugar: 0.81g (0.9%), Cholesterol: 14.6mg (4.87%), Sodium: 191.16mg (8.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Calcium: 65.38mg (6.54%), Phosphorus: 49.09mg (4.91%), Vitamin B2: 0.06mg (3.44%), Vitamin A: 152.44IU (3.05%), Selenium: 1.9µg (2.71%), Vitamin B12: 0.14µg (2.36%), Vitamin B5: 0.22mg (2.2%), Zinc: 0.31mg (2.09%), Vitamin B6: 0.04mg (1.78%), Manganese: 0.03mg (1.74%), Potassium: 56.97mg (1.63%), Folate: 5.6µg (1.4%), Magnesium: 4.81mg (1.2%)