



Blue Cheese Dressing



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



528 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

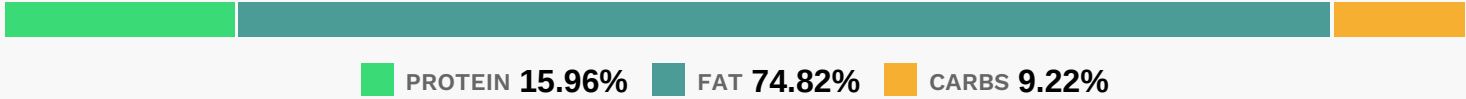
- ☐ 0.3 cup cheese blue crumbled
- ☐ 0.3 cup buttermilk
- ☐ 0.5 cup greek yogurt
- ☐ 2 tablespoons juice of lemon (-)
- ☐ 2 tablespoons mayonnaise
- ☐ 1 serving salt and pepper to taste
- ☐ 0.3 cup cup heavy whipping cream sour

Equipment

Directions

☐ Mix everything and optionally let sit in the fridge for a few hours.

Nutrition Facts



Properties

Glycemic Index:108, Glycemic Load:1.2, Inflammation Score:-6, Nutrition Score:14.764347708744%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 528.19kcal (26.41%), Fat: 44.21g (68.02%), Saturated Fat: 16.65g (104.09%), Carbohydrates: 12.25g (4.08%), Net Carbohydrates: 12.16g (4.42%), Sugar: 9.24g (10.27%), Cholesterol: 82.6mg (27.53%), Sodium: 876.84mg (38.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.23g (42.45%), Vitamin K: 47.49µg (45.23%), Calcium: 420.43mg (42.04%), Phosphorus: 369.59mg (36.96%), Vitamin B2: 0.62mg (36.44%), Selenium: 19.82µg (28.31%), Vitamin B12: 1.54µg (25.7%), Vitamin A: 738.74IU (14.77%), Vitamin C: 12.13mg (14.7%), Vitamin B5: 1.42mg (14.23%), Zinc: 1.9mg (12.69%), Potassium: 416.82mg (11.91%), Vitamin B6: 0.18mg (9.06%), Vitamin E: 1.32mg (8.79%), Folate: 33µg (8.25%), Magnesium: 32.6mg (8.15%), Vitamin D: 1µg (6.7%), Vitamin B1: 0.08mg (5.43%), Vitamin B3: 0.69mg (3.45%), Copper: 0.07mg (3.31%), Iron: 0.32mg (1.76%), Manganese: 0.03mg (1.34%)