



Blue Cheese Dressing

 Gluten Free

READY IN



5 min.

SERVINGS



20

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup buttermilk
- ☐ 2 tablespoon chives minced
- ☐ 0.8 teaspoon garlic minced
- ☐ 0.3 teaspoon ground mustard dry
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoon red wine vinegar
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 4 drop tabasco

- ☐ 0.1 teaspoon pepper white freshly ground
- ☐ 0.5 teaspoon worcestershire sauce

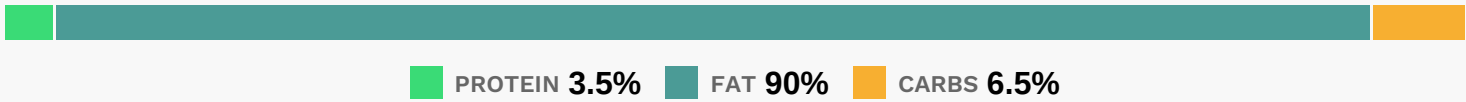
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl stir together the garlic, mustard, onion powder, black and white peppers.Stir in the vinegar, Worcestershire and tabasco. Followed by the sour cream, mayonnaise and buttermilk. Gently fold in the blue cheese.
- ☐ Garnish with parsley or chives (optional). Refrigerate, covered at least 1 hour and up to 10 days before using.

Nutrition Facts



Properties

Glycemic Index:7.15, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.92999997864599%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Nutrients (% of daily need)

Calories: 33.16kcal (1.66%), Fat: 3.32g (5.11%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 0.54g (0.18%), Net Carbohydrates: 0.52g (0.19%), Sugar: 0.38g (0.42%), Cholesterol: 4.9mg (1.63%), Sodium: 25.56mg (1.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.58%), Vitamin K: 11.22µg (10.69%), Vitamin A: 76.46IU (1.53%), Calcium: 10.59mg (1.06%)