



Blue Cheese Horseradish Dressing

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



1025 kcal

SIDE DISH

Ingredients

- 4 ounce cheese blue crumbled to taste
- 0.1 teaspoon garlic powder to taste
- 0.1 teaspoon horseradish prepared
- 16 ounce mayonnaise foods® (such as Hellmann's®/Best)
- 6 tablespoons milk
- 1 dash pepper sauce hot
- 10 ounces cup heavy whipping cream sour

Equipment

bowl

Directions

Combine mayonnaise, sour cream, milk, blue cheese, hot sauce, horseradish, and garlic powder in a bowl. Refrigerate 1 to 2 hours to let flavors blend.

Nutrition Facts

PROTEIN 3.75% **FAT 94.02%** **CARBS 2.23%**

Properties

Glycemic Index:38.75, Glycemic Load:0.91, Inflammation Score:-5, Nutrition Score:12.480869448217%

Nutrients (% of daily need)

Calories: 1025.4kcal (51.27%), Fat: 107.43g (165.28%), Saturated Fat: 26.15g (163.41%), Carbohydrates: 5.73g (1.91%), Net Carbohydrates: 5.71g (2.08%), Sugar: 4.3g (4.78%), Cholesterol: 113.4mg (37.8%), Sodium: 1077.99mg (46.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.64g (19.28%), Vitamin K: 186.65µg (177.76%), Vitamin E: 4.07mg (27.14%), Calcium: 258.18mg (25.82%), Phosphorus: 210.55mg (21.06%), Vitamin B2: 0.28mg (16.48%), Vitamin A: 768.05IU (15.36%), Selenium: 9.8µg (13.99%), Vitamin B12: 0.75µg (12.54%), Vitamin B5: 1.01mg (10.08%), Zinc: 1.25mg (8.36%), Potassium: 219.14mg (6.26%), Folate: 20.26µg (5.07%), Vitamin B6: 0.1mg (5.03%), Magnesium: 17.56mg (4.39%), Vitamin D: 0.62µg (4.11%), Vitamin B1: 0.05mg (3.12%), Copper: 0.05mg (2.32%), Iron: 0.38mg (2.12%), Vitamin B3: 0.38mg (1.9%), Manganese: 0.02mg (1.02%)