



Blue Cheese "Hot Wing" Dip

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 oz cheese blue crumbled
- ☐ 4 servings garnishes: cheese blue crumbled chopped
- ☐ 1 sticks serve with: fried chicken breast tenders hot
- ☐ 0.5 cup flat-leaf parsley leaves fresh loosely packed
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions chopped
- ☐ 0.5 teaspoon coarsely ground pepper
- ☐ 1 teaspoon hot sauce

- ☐ 1 teaspoon lemon zest
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 2 tablespoons citrus champagne vinegar

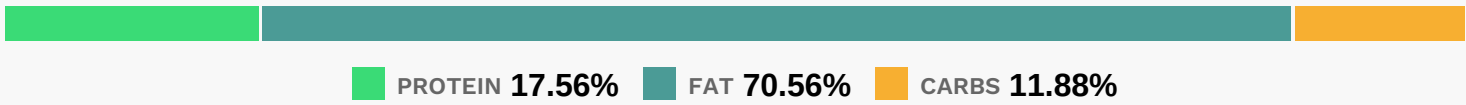
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Pulse first 10 ingredients in a food processor 4 times or just until blended.
- ☐ Transfer mixture to a serving bowl, and gently stir in blue cheese. If desired, stir in 1 to 2 Tbsp. milk, 1 tsp. at a time, for desired consistency. Cover and chill 1 to 2 hours before serving.
- ☐ Garnish, if desired.
- ☐ Serve with chicken tenders, celery sticks, radishes, and hot wing sauce. Store leftovers in refrigerator up to 7 days.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:0.54, Inflammation Score:-7, Nutrition Score:10.864347856978%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 163.36kcal (8.17%), Fat: 12.87g (19.81%), Saturated Fat: 6.75g (42.21%), Carbohydrates: 4.88g (1.63%), Net Carbohydrates: 4.18g (1.52%), Sugar: 1.06g (1.18%), Cholesterol: 28.69mg (9.56%), Sodium: 487.42mg (21.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.21g (14.42%), Vitamin K: 157.07µg (149.59%), Vitamin A: 1030.57IU (20.61%), Calcium: 193.64mg (19.36%), Vitamin C: 14.07mg (17.06%), Phosphorus: 133.74mg (13.37%),

Vitamin B2: 0.15mg (8.56%), Folate: 31.79µg (7.95%), Selenium: 5.2µg (7.43%), Vitamin B12: 0.41µg (6.78%), Zinc: 0.98mg (6.54%), Potassium: 195.17mg (5.58%), Vitamin B5: 0.55mg (5.52%), Iron: 0.84mg (4.69%), Manganese: 0.08mg (4.18%), Vitamin B6: 0.08mg (3.94%), Magnesium: 15.54mg (3.89%), Vitamin E: 0.55mg (3.67%), Fiber: 0.7g (2.8%), Vitamin B3: 0.5mg (2.51%), Copper: 0.04mg (2.24%), Vitamin B1: 0.03mg (2.06%), Vitamin D: 0.17µg (1.14%)