

Blue Cheese Vinaigrette

 Vegetarian

READY IN



10 min.

SERVINGS



6

CALORIES



48 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons cheese blue crumbled
- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 6 servings try build-a-meal
- ☐ 1 Dash salt
- ☐ 0.3 teaspoon sugar

- ☐ 1.5 tablespoons vegetable oil
- ☐ 2 tablespoons water
- ☐ 1 tablespoon vinegar white

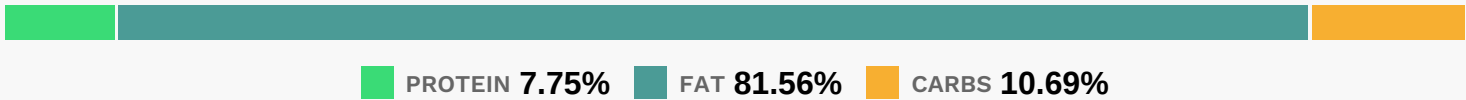
Equipment

- ☐ whisk

Directions

- ☐ Whisk together all ingredients. Chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:36.02, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:1.43739129117%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 48.48kcal (2.42%), Fat: 4.48g (6.89%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 1.32g (0.44%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.28g (0.31%), Cholesterol: 2.63mg (0.88%), Sodium: 56.27mg (2.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.91%), Vitamin K: 7.58µg (7.22%), Manganese: 0.09mg (4.58%), Calcium: 23.06mg (2.31%), Vitamin E: 0.34mg (2.26%), Phosphorus: 21.45mg (2.14%), Selenium: 1.33µg (1.9%), Fiber: 0.36g (1.45%), Vitamin C: 0.97mg (1.18%), Magnesium: 4.5mg (1.13%), Zinc: 0.16mg (1.08%), Vitamin B2: 0.02mg (1.08%)