



Blue Cheese Vinaigrette



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



206 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 3 tablespoons cheese blue crumbled
- ☐ 1.5 cups chicken stock see
- ☐ 2 ears corn fresh
- ☐ 0.5 cup olive oil extra virgin
- ☐ 1 cup tomatoes diced green
- ☐ 2 tablespoons herbs mixed chopped (chervil, tarragon, chives)

☐ 1 teaspoon kosher salt

Equipment

☐ frying pan

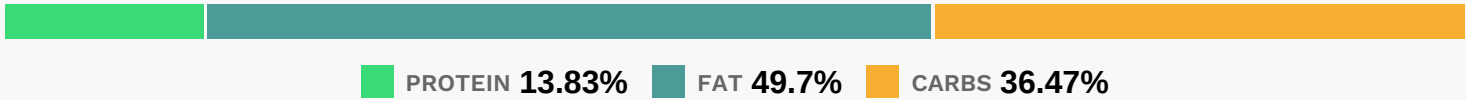
☐ sauce pan

☐ sieve

Directions

- ☐ Cut corn from cobs, reserving cobs.
- ☐ Heat oil in a saut pan over medium heat.
- ☐ Add corn, and cook 1 minute. Set aside to cool.
- ☐ Meanwhile, combine chicken stock and corn cobs in a saucepan. Bring to a boil; reduce heat, and simmer 15 minutes.
- ☐ Pour mixture through a fine wire-mesh strainer; cool to room temperature or chill until ready to use.
- ☐ Stir green tomato into cooled corn; stir mixture into corn stock. Just before serving, mix in herbs, blue cheese, and cider vinegar. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:56.33, Glycemic Load:0.21, Inflammation Score:-6, Nutrition Score:9.4582607376835%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 205.84kcal (10.29%), Fat: 11.59g (17.83%), Saturated Fat: 2.9g (18.13%), Carbohydrates: 19.14g (6.38%), Net Carbohydrates: 17.24g (6.27%), Sugar: 8.25g (9.17%), Cholesterol: 8.85mg (2.95%), Sodium: 1046.27mg (45.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.25g (14.51%), Vitamin C: 18.6mg (22.55%), Vitamin B3: 3.34mg (16.71%), Vitamin K: 16.65µg (15.86%), Manganese: 0.29mg (14.28%), Phosphorus: 133.76mg (13.38%), Potassium:

462.67mg (13.22%), Vitamin A: 625.2IU (12.5%), Vitamin B1: 0.17mg (11.57%), Vitamin B2: 0.19mg (10.99%), Folate: 40.04µg (10.01%), Vitamin B6: 0.19mg (9.58%), Magnesium: 37.62mg (9.4%), Vitamin E: 1.37mg (9.15%), Vitamin B5: 0.86mg (8.55%), Copper: 0.16mg (8.2%), Fiber: 1.9g (7.61%), Selenium: 4.3µg (6.15%), Iron: 1.07mg (5.94%), Calcium: 55.63mg (5.56%), Zinc: 0.7mg (4.68%), Vitamin B12: 0.09µg (1.42%)