



Blue Cheese Vinaigrette



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



113 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup champagne vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup gorgonzola cheese
- ☐ 1 teaspoon honey
- ☐ 0.5 cup olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1 shallots minced

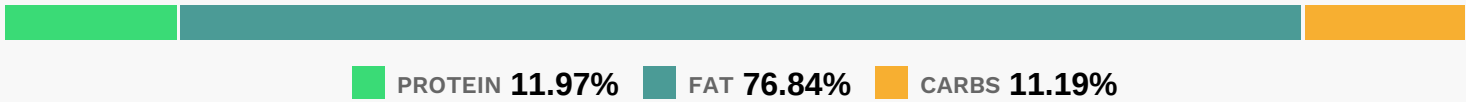
Equipment

☐ whisk

Directions

☐ Whisk together first 7 ingredients. Stir in cheese.

Nutrition Facts



Properties

Glycemic Index:43.32, Glycemic Load:1.12, Inflammation Score:-1, Nutrition Score:2.6604348123074%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 112.86kcal (5.64%), Fat: 9.59g (14.76%), Saturated Fat: 3.4g (21.24%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 2.75g (1%), Sugar: 2.05g (2.28%), Cholesterol: 10.59mg (3.53%), Sodium: 351.18mg (15.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.73%), Calcium: 80.95mg (8.1%), Phosphorus: 63.93mg (6.39%), Vitamin E: 0.83mg (5.53%), Selenium: 3.42µg (4.88%), Vitamin K: 3.9µg (3.71%), Vitamin B2: 0.06mg (3.45%), Manganese: 0.06mg (2.99%), Zinc: 0.43mg (2.9%), Vitamin B12: 0.17µg (2.87%), Vitamin B5: 0.28mg (2.77%), Vitamin B6: 0.05mg (2.42%), Vitamin A: 111.37IU (2.23%), Potassium: 71.14mg (2.03%), Folate: 7.53µg (1.88%), Magnesium: 7.21mg (1.8%), Iron: 0.3mg (1.65%), Fiber: 0.4g (1.59%)