



Blue Cheese Walnut Salad Dressing

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



152 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 0.3 cup canola oil
- ☐ 3 tablespoons danish cheese blue crumbled (or other mild, creamy cheese)
- ☐ 1 tablespoon flat-leaf parsley chopped
- ☐ 0.3 teaspoon maple syrup
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons walnuts toasted chopped

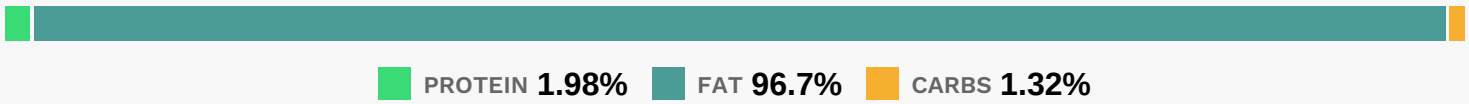
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together vinegar, oils, salt, and maple syrup in a medium bowl. Stir in cheese, walnuts, and parsley.
- ☐ Make ahead: Up to 2 weeks, chilled.

Nutrition Facts



Properties

Glycemic Index:15.55, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:2.1921739296421%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Nutrients (% of daily need)

Calories: 151.71kcal (7.59%), Fat: 16.58g (25.5%), Saturated Fat: 2.06g (12.87%), Carbohydrates: 0.51g (0.17%), Net Carbohydrates: 0.36g (0.13%), Sugar: 0.19g (0.21%), Cholesterol: 1.58mg (0.52%), Sodium: 141.07mg (6.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.53%), Vitamin E: 2.37mg (15.77%), Vitamin K: 16.32µg (15.55%), Manganese: 0.08mg (4.23%), Copper: 0.03mg (1.68%), Phosphorus: 15.64mg (1.56%), Calcium: 14.25mg (1.42%), Magnesium: 4.11mg (1.03%)