



Blue Cheese with Capers and Red Onion

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



113 kcal

SIDE DISH

Ingredients

- 8 ounces cheese blue
- 1 tablespoon capers to taste
- 1 teaspoon mustard dry
- 2 cloves garlic minced
- 0.3 teaspoon ground pepper black
- 1 tablespoon juice of lemon
- 0.3 cup olive oil
- 1 small onion red chopped

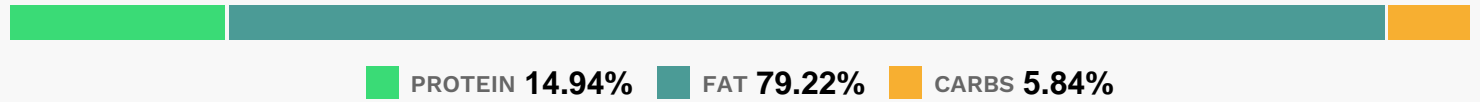
1 tablespoon red wine vinegar

Equipment

Directions

- Crumble blue cheese onto a serving plate.
- Mix together the olive oil, lemon juice, wine vinegar, garlic, mustard powder and black pepper.
- Drizzle over the cheese.
- Sprinkle red onion and capers over the top.
- Serve right away, or chill up to a full day before serving.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:0.36, Inflammation Score:-2, Nutrition Score:2.8660869753879%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 112.52kcal (5.63%), Fat: 10.01g (15.39%), Saturated Fat: 4.17g (26.03%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 1.44g (0.52%), Sugar: 0.53g (0.59%), Cholesterol: 14.17mg (4.72%), Sodium: 236.49mg (10.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.49%), Calcium: 103.89mg (10.39%), Phosphorus: 78.28mg (7.83%), Vitamin E: 0.71mg (4.76%), Selenium: 3.22µg (4.59%), Vitamin B2: 0.08mg (4.52%), Vitamin B12: 0.23µg (3.84%), Zinc: 0.54mg (3.59%), Vitamin B5: 0.34mg (3.45%), Vitamin K: 3.45µg (3.28%), Vitamin A: 145.71IU (2.91%), Vitamin B6: 0.05mg (2.5%), Folate: 9.24µg (2.31%), Potassium: 67.64mg (1.93%), Vitamin C: 1.36mg (1.65%), Manganese: 0.03mg (1.63%), Magnesium: 6.42mg (1.61%), Vitamin B3: 0.22mg (1.1%)