



Bob's Blue Cheese Dressing

 Gluten Free

READY IN



20 min.

SERVINGS



3

CALORIES



846 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup cheese blue crumbled
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 1 tablespoon honey
- ☐ 2 teaspoons juice of lemon
- ☐ 1 cup mayonnaise
- ☐ 1 teaspoon pepper sauce hot
- ☐ 1 teaspoon sea salt

- ☐ 1 cup cup heavy whipping cream sour
- ☐ 2 teaspoons worcestershire sauce

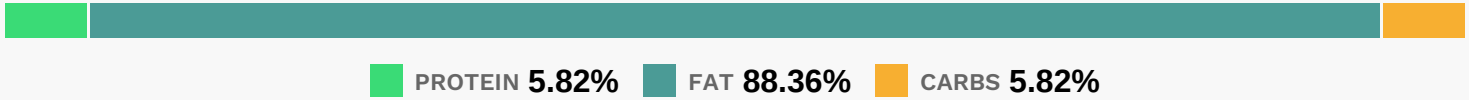
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, whisk together the blue cheese, mayonnaise, sour cream, lemon juice, hot pepper sauce, Worcestershire sauce, parsley, honey, pepper, and salt. Chill until serving.

Nutrition Facts



Properties

Glycemic Index:64.42, Glycemic Load:3.61, Inflammation Score:-7, Nutrition Score:14.390869570815%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 846.26kcal (42.31%), Fat: 83.69g (128.76%), Saturated Fat: 24.91g (155.68%), Carbohydrates: 12.41g (4.14%), Net Carbohydrates: 12.13g (4.41%), Sugar: 9.54g (10.6%), Cholesterol: 110.34mg (36.78%), Sodium: 1879.74mg (81.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.41g (24.81%), Vitamin K: 168.83µg (160.79%), Calcium: 333.13mg (33.31%), Phosphorus: 253.79mg (25.38%), Vitamin A: 1103.32IU (22.07%), Vitamin B2: 0.33mg (19.3%), Vitamin E: 2.89mg (19.26%), Selenium: 11.2µg (15.99%), Vitamin B12: 0.8µg (13.33%), Vitamin B5: 1.19mg (11.95%), Zinc: 1.63mg (10.84%), Vitamin C: 7.08mg (8.58%), Potassium: 290.75mg (8.31%), Folate: 29.91µg (7.48%), Vitamin B6: 0.12mg (6.09%), Manganese: 0.12mg (5.78%), Magnesium: 22.18mg (5.55%), Iron: 0.84mg (4.65%), Copper: 0.07mg (3.54%), Vitamin B3: 0.62mg (3.08%), Vitamin B1: 0.04mg (2.86%), Vitamin D: 0.37µg (2.5%), Fiber: 0.28g (1.14%)