



Buttermilk-Blue Cheese Dip



Vegetarian



Gluten Free

READY IN



1500 min.

SERVINGS



4

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 cup cheese blue crumbled
- ☐ 0.3 cup buttermilk
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 pinch kosher salt plus more
- ☐ 5 tablespoons onion red finely chopped
- ☐ 0.3 cup cream sour
- ☐ 1 teaspoon sugar

☐ 0.3 cup citrus champagne vinegar

Equipment

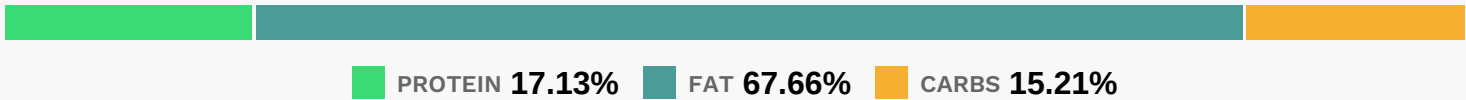
☐ bowl

☐ whisk

Directions

- ☐ Place onion in a small heatproof bowl. Bring vinegar, sugar, salt, and 1/4 cup water to a boil.
- ☐ Pour over onion; stir to coat. Cover; let pickle in the refrigerator for at least 1 hour.
- ☐ Whisk buttermilk, sour cream, and chives in a medium bowl until smooth. Stir in blue cheese.
- ☐ Drain pickled onion and stir into dip. Season with salt and pepper. DO AHEAD: Can be made 3 days ahead. Cover dip and refrigerate.

Nutrition Facts



Properties

Glycemic Index:58.02, Glycemic Load:1.31, Inflammation Score:-3, Nutrition Score:3.570434762084%

Flavonoids

Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 109.72kcal (5.49%), Fat: 8.16g (12.55%), Saturated Fat: 4.9g (30.63%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 3.85g (1.4%), Sugar: 2.86g (3.18%), Cholesterol: 22.79mg (7.6%), Sodium: 225.73mg (9.81%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.65g (9.29%), Calcium: 126.48mg (12.65%), Phosphorus: 94.83mg (9.48%), Vitamin B2: 0.12mg (7.05%), Vitamin A: 309.15IU (6.18%), Selenium: 3.62µg (5.17%), Vitamin B12: 0.31µg (5.08%), Vitamin B5: 0.42mg (4.19%), Zinc: 0.59mg (3.93%), Vitamin K: 4.07µg (3.88%), Potassium: 111.29mg (3.18%), Folate: 11.65µg (2.91%), Vitamin B6: 0.06mg (2.83%), Vitamin C: 2mg (2.42%), Magnesium: 9.47mg (2.37%), Manganese: 0.05mg (2.26%), Vitamin D: 0.28µg (1.86%), Vitamin B1: 0.02mg (1.46%), Copper: 0.02mg (1.16%), Vitamin B3: 0.22mg (1.12%), Fiber: 0.28g (1.1%), Iron: 0.19mg (1.08%)