



Buttermilk Blue Cheese Dressing

 Vegetarian  Gluten Free

READY IN



485 min.

SERVINGS



10

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounce cheese blue crumbled
- 1 cup buttermilk
- 0.1 teaspoon garlic powder
- 0.1 teaspoon ground pepper black
- 1 cup mayonnaise

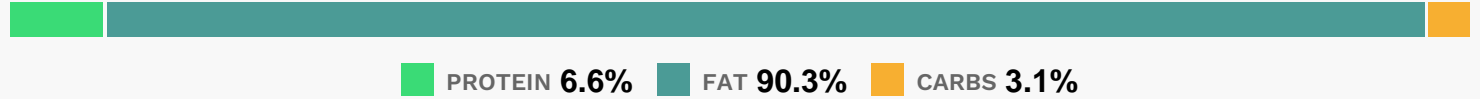
Equipment

- bowl
- plastic wrap

Directions

- Stir the buttermilk, mayonnaise, blue cheese, garlic powder, and black pepper together in a bowl.
- Cover bowl with plastic wrap and refrigerate overnight before serving.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.5, Inflammation Score:-1, Nutrition Score:3.9973912488507%

Nutrients (% of daily need)

Calories: 207.42kcal (10.37%), Fat: 20.81g (32.01%), Saturated Fat: 5.2g (32.49%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.6g (0.58%), Sugar: 1.36g (1.51%), Cholesterol: 20.55mg (6.85%), Sodium: 297.88mg (12.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.84%), Vitamin K: 36.9µg (35.14%), Calcium: 89.41mg (8.94%), Phosphorus: 69.18mg (6.92%), Vitamin B2: 0.09mg (5.23%), Vitamin E: 0.78mg (5.2%), Vitamin B12: 0.28µg (4.59%), Selenium: 3.06µg (4.37%), Vitamin B5: 0.33mg (3.26%), Zinc: 0.43mg (2.85%), Vitamin A: 140.82IU (2.82%), Vitamin D: 0.41µg (2.76%), Potassium: 66.69mg (1.91%), Folate: 6.42µg (1.61%), Vitamin B6: 0.03mg (1.5%), Magnesium: 5.3mg (1.33%), Vitamin B1: 0.02mg (1.13%)