



Buttermilk-Blue Cheese Dressing

 Gluten Free

READY IN



10 min.

SERVINGS



16

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cheese blue crumbled
- 0.5 teaspoon dijon mustard
- 0.3 cup buttermilk fat-free
- 0.1 teaspoon garlic powder
- 1 tablespoon juice of lemon fresh
- 0.5 cup mayonnaise reduced-fat
- 0.3 teaspoon pepper freshly ground
- 0.3 teaspoon salt

0.5 cup cup heavy whipping cream light sour

0.3 teaspoon worcestershire sauce

Equipment

Directions

Stir together first 9 ingredients until blended. Stir in blue cheese. Cover and chill at least 4 hours.

Nutrition Facts

 **PROTEIN 12.29%**  **FAT 73.15%**  **CARBS 14.56%**

Properties

Glycemic Index:6, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.9995652080878%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 43.26kcal (2.16%), Fat: 3.54g (5.44%), Saturated Fat: 1.51g (9.41%), Carbohydrates: 1.58g (0.53%), Net Carbohydrates: 1.56g (0.57%), Sugar: 0.51g (0.56%), Cholesterol: 6.87mg (2.29%), Sodium: 155.07mg (6.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.67%), Vitamin K: 3.95µg (3.76%), Calcium: 33.74mg (3.37%), Phosphorus: 22.93mg (2.29%), Selenium: 1.08µg (1.54%), Vitamin B2: 0.03mg (1.48%), Vitamin B12: 0.08µg (1.36%), Vitamin E: 0.19mg (1.25%), Vitamin A: 61.08IU (1.22%), Zinc: 0.16mg (1.04%)