



Celery sticks with blue cheese dip

 Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 300 g crème fraîche
- ☐ 100 g mayonnaise
- ☐ 150 g cheese blue crumbled (Danish or Roquefort)
- ☐ 1 tbsp citrus champagne vinegar
- ☐ 1 tsp worcestershire sauce
- ☐ 1 head celery cut into batons

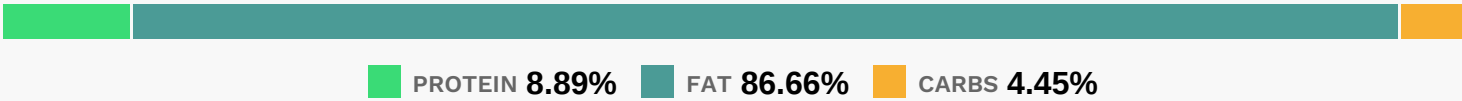
Equipment

- ☐ bowl

Directions

- ☐ In a medium-sized bowl, mix the soured cream, mayonnaise, blue cheese, white wine vinegar, Worcestershire sauce and some seasoning.
- ☐ Pour into a serving bowl and use as a dip for the celery sticks.

Nutrition Facts



Properties

Glycemic Index:9.08, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:3.0573913435573%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 151.38kcal (7.57%), Fat: 14.68g (22.58%), Saturated Fat: 5.84g (36.49%), Carbohydrates: 1.7g (0.57%), Net Carbohydrates: 1.64g (0.6%), Sugar: 1.06g (1.17%), Cholesterol: 27.63mg (9.21%), Sodium: 213.68mg (9.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.78%), Vitamin K: 15.24µg (14.51%), Calcium: 93.86mg (9.39%), Phosphorus: 70.32mg (7.03%), Vitamin B2: 0.09mg (5.52%), Vitamin A: 271.9IU (5.44%), Selenium: 2.94µg (4.21%), Vitamin B12: 0.22µg (3.58%), Vitamin B5: 0.32mg (3.23%), Zinc: 0.43mg (2.89%), Vitamin E: 0.41mg (2.73%), Potassium: 78.07mg (2.23%), Folate: 7.66µg (1.91%), Vitamin B6: 0.03mg (1.71%), Magnesium: 5.94mg (1.48%)