

Chipotle Chile and Blue Cheese Sauce



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



190 kcal

SAUCE

Ingredients

- ☐ 5 ounces cheese blue crumbled
- ☐ 3 tablespoons chipotle peppers in adobo sauce pureed
- ☐ 2 tablespoons chives fresh chopped
- ☐ 0.8 cup heavy cream

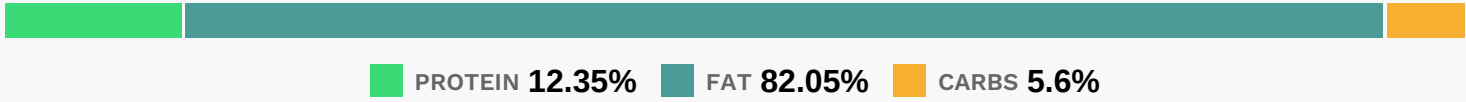
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Crumble blue cheese into a bowl, and mash with a fork.
- ☐ Pour in cream, and stir until smooth. Then transfer to a saucepan, and gently cook over low heat until warmed through.
- ☐ Remove from heat, and stir in pureed chipotle peppers and chives.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:4.2247825757317%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 189.85kcal (9.49%), Fat: 17.53g (26.97%), Saturated Fat: 11.26g (70.39%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 1.92g (0.7%), Sugar: 1.51g (1.67%), Cholesterol: 51.34mg (17.11%), Sodium: 279.82mg (12.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.87%), Calcium: 145.29mg (14.53%), Vitamin A: 661.49IU (13.23%), Phosphorus: 109.26mg (10.93%), Vitamin B2: 0.15mg (8.67%), Selenium: 4.33µg (6.18%), Vitamin B12: 0.34µg (5.6%), Vitamin B5: 0.49mg (4.88%), Zinc: 0.71mg (4.7%), Vitamin D: 0.59µg (3.96%), Vitamin K: 3.65µg (3.48%), Fiber: 0.77g (3.1%), Folate: 10.74µg (2.69%), Potassium: 91.7mg (2.62%), Vitamin B6: 0.05mg (2.55%), Vitamin E: 0.33mg (2.23%), Magnesium: 7.94mg (1.98%), Iron: 0.3mg (1.66%), Vitamin B3: 0.27mg (1.33%)