



WHATSheATE



Chunky Blue Cheese Dressing



Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups cheese blue crumbled
- ☐ 0.3 teaspoon mustard dry
- ☐ 1 clove garlic minced
- ☐ 2 tablespoons juice of lemon
- ☐ 1 cup mayonnaise
- ☐ 1 Dash pepper freshly ground
- ☐ 1 teaspoon sugar
- ☐ 3 tablespoons milk whole

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0.3 teaspoon white wine worcestershire sauce

Equipment

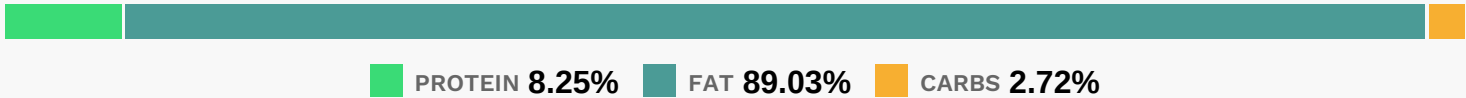
☐

bowl

Directions

- ☐ Combine all ingredients in a small bowl, stirring well. Cover and chill.
- ☐ Serve with salad greens.

Nutrition Facts



Properties

Glycemic Index:27.45, Glycemic Load:0.64, Inflammation Score:-2, Nutrition Score:4.972173894877%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 255.05kcal (12.75%), Fat: 25.27g (38.87%), Saturated Fat: 7.22g (45.1%), Carbohydrates: 1.74g (0.58%), Net Carbohydrates: 1.71g (0.62%), Sugar: 1.05g (1.16%), Cholesterol: 27.93mg (9.31%), Sodium: 420.96mg (18.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.53%), Vitamin K: 41.15µg (39.19%), Calcium: 128.12mg (12.81%), Phosphorus: 98.71mg (9.87%), Vitamin E: 0.88mg (5.89%), Selenium: 4.1µg (5.86%), Vitamin B2: 0.1mg (5.82%), Vitamin B12: 0.33µg (5.52%), Vitamin B5: 0.46mg (4.57%), Zinc: 0.67mg (4.44%), Vitamin A: 196.39IU (3.93%), Folate: 10.13µg (2.53%), Vitamin B6: 0.05mg (2.42%), Potassium: 76.75mg (2.19%), Vitamin C: 1.42mg (1.72%), Magnesium: 6.55mg (1.64%), Vitamin D: 0.22µg (1.45%), Vitamin B3: 0.24mg (1.22%)