



Chunky Gorgonzola Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 servings chives fresh chopped
- ☐ 0.3 cup chives fresh chopped
- ☐ 1 cup gorgonzola crumbled
- ☐ 0.3 teaspoon pepper white
- ☐ 8 ounce mascarpone cheese (1 cup)
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup cream sour

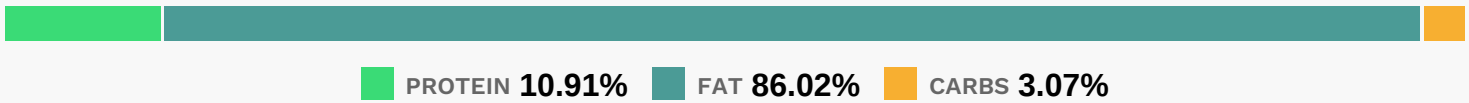
Equipment

- ☐ bowl
- ☐ wooden spoon

Directions

- ☐ Combine mascarpone cheese and sour cream in a small bowl; stir with a wooden spoon until smooth. Stir in chives, salt, and pepper. Gently stir in Gorgonzola cheese, leaving dip chunky.
- ☐ Garnish, if desired.
- ☐ Serve dip with sliced apples and pears, crackers, and toasted walnuts.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:2.9765217174654%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 197.39kcal (9.87%), Fat: 18.69g (28.76%), Saturated Fat: 11.55g (72.2%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.42g (0.52%), Sugar: 0.45g (0.5%), Cholesterol: 44.6mg (14.87%), Sodium: 326.43mg (14.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.67%), Vitamin A: 680.45IU (13.61%), Calcium: 126.66mg (12.67%), Phosphorus: 63.6mg (6.36%), Vitamin K: 6.16µg (5.87%), Vitamin B2: 0.07mg (4.31%), Selenium: 2.43µg (3.47%), Vitamin B12: 0.19µg (3.21%), Vitamin B5: 0.29mg (2.85%), Zinc: 0.42mg (2.82%), Folate: 8.47µg (2.12%), Vitamin C: 1.65mg (2%), Potassium: 56.11mg (1.6%), Vitamin B6: 0.03mg (1.56%), Magnesium: 5.39mg (1.35%)