



Creamy Blue Cheese Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



252 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounces cheese blue crumbled
- 0.8 cup cup heavy whipping cream sour
- 3 spring onion chopped
- 1 tablespoon juice of lemon
- 3 tablespoons mayonnaise
- 0.8 teaspoon worcestershire sauce

Equipment

Directions

- Combine all ingredients, stirring well. Chill before serving.
- Garnish with a sprinkling of green onion, if desired.

Nutrition Facts

PROTEIN 11.14% FAT 85.24% CARBS 3.62%

Properties

Glycemic Index:18.17, Glycemic Load:0.29, Inflammation Score:-5, Nutrition Score:5.9382609154867%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 251.87kcal (12.59%), Fat: 24.13g (37.12%), Saturated Fat: 12.97g (81.04%), Carbohydrates: 2.31g (0.77%), Net Carbohydrates: 2.14g (0.78%), Sugar: 1.33g (1.48%), Cholesterol: 57.82mg (19.27%), Sodium: 389.24mg (16.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.1g (14.19%), Vitamin K: 25.47µg (24.26%), Calcium: 175.15mg (17.52%), Vitamin A: 718.74IU (14.37%), Phosphorus: 131.31mg (13.13%), Vitamin B2: 0.17mg (10.1%), Selenium: 5.21µg (7.44%), Vitamin B12: 0.4µg (6.7%), Vitamin B5: 0.59mg (5.86%), Zinc: 0.86mg (5.75%), Vitamin D: 0.63µg (4.21%), Vitamin E: 0.61mg (4.08%), Folate: 16.15µg (4.04%), Potassium: 127.37mg (3.64%), Vitamin B6: 0.06mg (3.14%), Vitamin C: 2.37mg (2.87%), Magnesium: 10.12mg (2.53%), Vitamin B3: 0.35mg (1.74%), Iron: 0.26mg (1.46%), Vitamin B1: 0.02mg (1.29%), Copper: 0.02mg (1.14%)