



Creamy Blue Cheese Dressing

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cheese blue crumbled
- ☐ 0.5 cup buttermilk
- ☐ 0.3 cup mayonnaise
- ☐ 5 servings salt and pepper
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 tablespoon citrus champagne vinegar

Equipment

- ☐ bowl

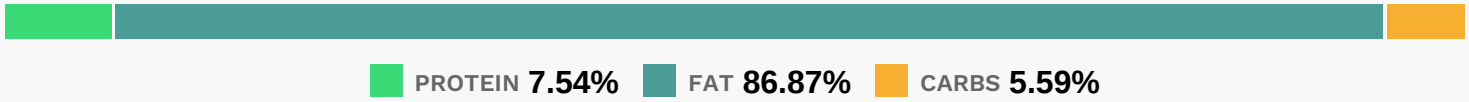
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whisk

Directions

- ☐ In a small bowl, whisk buttermilk, mayonnaise, sour cream and vinegar until well combined.
- ☐ Add cheese and stir, mashing with a spoon, until incorporated. Season with salt and pepper. Cover and chill.
- ☐ Whisk just before using.

Nutrition Facts



Properties

Glycemic Index:21.6, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:2.8860869984264%

Nutrients (% of daily need)

Calories: 138.21kcal (6.91%), Fat: 13.34g (20.52%), Saturated Fat: 4.19g (26.19%), Carbohydrates: 1.93g (0.64%), Net Carbohydrates: 1.93g (0.7%), Sugar: 1.66g (1.85%), Cholesterol: 19.19mg (6.4%), Sodium: 371.54mg (16.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.21%), Vitamin K: 18.66µg (17.77%), Calcium: 76.05mg (7.61%), Phosphorus: 57.85mg (5.79%), Vitamin B2: 0.09mg (5.21%), Vitamin B12: 0.23µg (3.84%), Selenium: 2.55µg (3.64%), Vitamin A: 170.03IU (3.4%), Vitamin E: 0.44mg (2.96%), Vitamin B5: 0.27mg (2.66%), Vitamin D: 0.37µg (2.45%), Zinc: 0.33mg (2.18%), Potassium: 67.5mg (1.93%), Magnesium: 5.34mg (1.33%), Vitamin B6: 0.03mg (1.27%), Folate: 4.88µg (1.22%), Vitamin B1: 0.02mg (1.11%)