



## Creamy Blue Cheese Salad Dressing

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



120 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 ounces cheese blue crumbled
- 1 tablespoon juice of lemon
- 0.5 cup mayonnaise
- 1 tablespoon red wine vinegar
- 0.5 cup cream sour

### Equipment

- bowl

## Directions

In a bowl, combine all the ingredients; mix well. Cover and refrigerate until serving.

## Nutrition Facts

**PROTEIN 5.36%** **FAT 91.85%** **CARBS 2.79%**

## Properties

Glycemic Index:7.7, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.0030434975482%

## Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 119.56kcal (5.98%), Fat: 12.24g (18.83%), Saturated Fat: 3.53g (22.08%), Carbohydrates: 0.84g (0.28%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.52g (0.58%), Cholesterol: 15.74mg (5.25%), Sodium: 140.02mg (6.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.21%), Vitamin K: 18.56µg (17.68%), Calcium: 42.63mg (4.26%), Phosphorus: 33.27mg (3.33%), Vitamin E: 0.43mg (2.85%), Vitamin B2: 0.04mg (2.55%), Vitamin A: 122.28IU (2.45%), Selenium: 1.51µg (2.15%), Vitamin B12: 0.11µg (1.78%), Vitamin B5: 0.16mg (1.58%), Zinc: 0.21mg (1.38%)