



## Creamy Gorgonzola Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup buttermilk fat-free
- 1 small garlic clove minced
- 3 ounces gorgonzola cheese crumbled
- 15 ounce part-skim ricotta cheese
- 0.5 teaspoon pepper freshly ground
- 3 tablespoons rice wine vinegar
- 1 teaspoon worcestershire sauce

### Equipment

food processor

blender

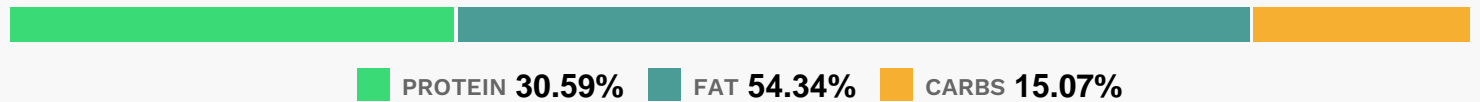
## Directions

Process all ingredients in a food processor or blender until smooth, stopping to scrape down sides. Chill until ready to serve.

\*Low-fat cottage cheese may be substituted for the part-skim ricotta cheese, and blue cheese may be substituted for the Gorgonzola cheese.

\*\*Serving this dressing with mixed salad greens topped with sliced pears and strawberries will reduce the total percentage of fat per serving.

## Nutrition Facts



## Properties

Glycemic Index:8.69, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.1186956575383%

## Nutrients (% of daily need)

Calories: 60.92kcal (3.05%), Fat: 3.63g (5.59%), Saturated Fat: 2.3g (14.4%), Carbohydrates: 2.27g (0.76%), Net Carbohydrates: 2.25g (0.82%), Sugar: 0.7g (0.78%), Cholesterol: 12.45mg (4.15%), Sodium: 109.53mg (4.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Calcium: 103mg (10.3%), Selenium: 5.26µg (7.51%), Phosphorus: 69.94mg (6.99%), Vitamin B2: 0.07mg (4.13%), Zinc: 0.5mg (3.34%), Vitamin A: 143.27IU (2.87%), Vitamin B12: 0.14µg (2.37%), Vitamin B5: 0.16mg (1.58%), Potassium: 51.47mg (1.47%), Magnesium: 5.44mg (1.36%), Folate: 5.41µg (1.35%)