



Crudités with Blue Cheese Dip

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



161 kcal

SIDE DISH

Ingredients

- ☐ 2 oz cheese blue crumbled
- ☐ 8 ounces cream cheese at room temperature
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 0.5 cup heavy whipping cream sour low-fat
- ☐ 1 tablespoon onion grated
- ☐ 8 servings crudités assorted for serving
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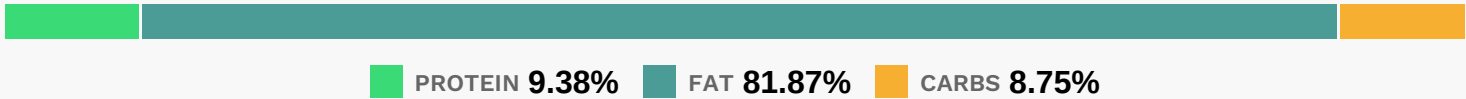
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine cream cheese, sour cream, mayonnaise and onion in a large bowl.
- ☐ Whisk or stir vigorously with a large spoon until well blended. Stir in blue cheese and parsley. Cover and chill for at least 1 hour before serving with crudits. (Dip can be made up to 1 day in advance.)

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:3.7421739036622%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 161.31kcal (8.07%), Fat: 14.87g (22.88%), Saturated Fat: 8.24g (51.53%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 3.52g (1.28%), Sugar: 1.44g (1.6%), Cholesterol: 40.1mg (13.37%), Sodium: 240.95mg (10.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.67%), Vitamin K: 21µg (20%), Vitamin A: 571.13IU (11.42%), Calcium: 87.28mg (8.73%), Phosphorus: 69.96mg (7%), Vitamin B2: 0.11mg (6.52%), Selenium: 4.1µg (5.86%), Vitamin B12: 0.21µg (3.49%), Vitamin E: 0.47mg (3.1%), Vitamin B5: 0.29mg (2.94%), Zinc: 0.42mg (2.8%), Potassium: 95.58mg (2.73%), Folate: 8.72µg (2.18%), Vitamin C: 1.55mg (1.88%), Vitamin B6: 0.03mg (1.65%), Magnesium: 6.38mg (1.6%), Vitamin B1: 0.02mg (1.09%)