

Fast Blue Cheese Dressing

READY IN

ready

5 min.

SERVINGS

servings

4

CALORIES

calories

268 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cheese crumbles blue
- ☐ 0.5 cup mayonnaise
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.3 cup milk whole
- ☐ 1 Dash worcestershire sauce

Equipment

- ☐ bowl

Directions

☐ To a bowl add the mayo, milk, sour cream and Worcestershire, and stir until combined. Stir in the blue cheese and add salt and pepper to taste.

Nutrition Facts



PROTEIN 5.25% **FAT 91.99%** **CARBS 2.76%**

Properties

Glycemic Index:28.75, Glycemic Load:0.42, Inflammation Score:-2, Nutrition Score:4.6121738676144%

Nutrients (% of daily need)

Calories: 267.92kcal (13.4%), Fat: 27.45g (42.23%), Saturated Fat: 7.12g (44.47%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.85g (0.67%), Sugar: 1.46g (1.63%), Cholesterol: 30.51mg (10.17%), Sodium: 514.47mg (22.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.05%), Vitamin K: 46.17µg (43.98%), Calcium: 95.3mg (9.53%), Phosphorus: 75.89mg (7.59%), Vitamin E: 1.01mg (6.73%), Vitamin B2: 0.09mg (5.52%), Vitamin B12: 0.28µg (4.72%), Selenium: 3.1µg (4.43%), Vitamin A: 218.5IU (4.37%), Vitamin B5: 0.35mg (3.48%), Zinc: 0.45mg (3.01%), Potassium: 77.28mg (2.21%), Vitamin D: 0.28µg (1.87%), Vitamin B6: 0.04mg (1.81%), Folate: 6.33µg (1.58%), Magnesium: 6.17mg (1.54%), Vitamin B1: 0.02mg (1.18%)