

Gorgonzola Dip

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 clove garlic peeled
- ☐ 2 teaspoons gelatin powder unflavored
- ☐ 4 ounces gorgonzola cheese crumbled
- ☐ 1 cup mayonnaise low-fat
- ☐ 1 cup cup heavy whipping cream sour low-fat
- ☐ 8 servings salt and pepper to taste

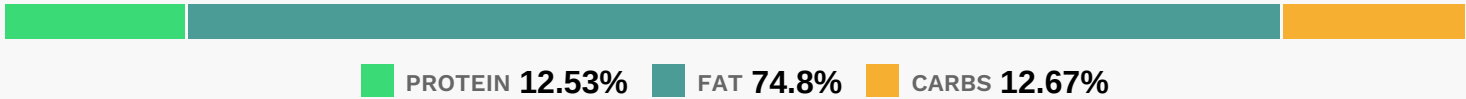
Equipment

☐ food processor

Directions

- ☐ In a food processor, place low-fat mayonnaise, low-fat sour cream, Gorgonzola cheese, dill, garlic, salt and pepper. Blend until smooth.
- ☐ Sprinkle gelatin into mixture. Allow it to soften for approximately 5 minutes. Blend to mix in gelatin. Cover and chill in the refrigerator until serving.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:3.5795652416089%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 159.71kcal (7.99%), Fat: 13.34g (20.52%), Saturated Fat: 5.52g (34.47%), Carbohydrates: 5.09g (1.69%), Net Carbohydrates: 5.08g (1.85%), Sugar: 1.13g (1.26%), Cholesterol: 25.17mg (8.39%), Sodium: 614.28mg (26.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.05%), Vitamin K: 15.53µg (14.79%), Calcium: 118.51mg (11.85%), Phosphorus: 80.47mg (8.05%), Selenium: 4.12µg (5.89%), Vitamin B2: 0.09mg (5.38%), Vitamin E: 0.74mg (4.9%), Vitamin B12: 0.29µg (4.89%), Vitamin A: 225.95IU (4.52%), Zinc: 0.55mg (3.65%), Potassium: 107.99mg (3.09%), Vitamin B5: 0.26mg (2.65%), Folate: 9.77µg (2.44%), Copper: 0.04mg (1.93%), Magnesium: 7.04mg (1.76%), Vitamin B6: 0.03mg (1.73%), Vitamin B1: 0.02mg (1.26%)