



Gorgonzola-Garlic Dip



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup parsley fresh minced
- ☐ 2 cloves garlic minced
- ☐ 8 ounces gorgonzola cheese crumbled
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup onion red minced
- ☐ 2 tablespoons red wine vinegar

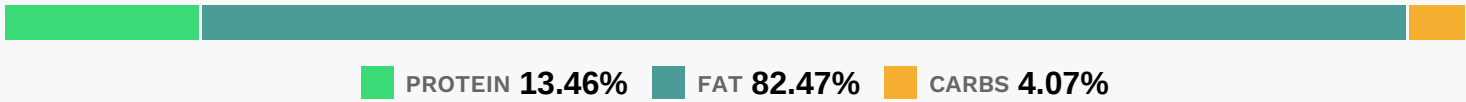
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Mix together the Gorgonzola cheese, onion, parsley, and garlic in a bowl until well blended.
- ☐ Whisk together the vinegar, lemon juice, and olive oil in a separate bowl until well blended. Stir the vinegar mixture into the cheese mixture until well blended. Refrigerate at least 4 hours, or longer.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:0.56, Inflammation Score:-6, Nutrition Score:9.9726086647614%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 247.86kcal (12.39%), Fat: 22.91g (35.24%), Saturated Fat: 8.74g (54.6%), Carbohydrates: 2.55g (0.85%), Net Carbohydrates: 2.2g (0.8%), Sugar: 0.68g (0.76%), Cholesterol: 28.35mg (9.45%), Sodium: 438.68mg (19.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.41g (16.82%), Vitamin K: 90.18µg (85.89%), Calcium: 210.91mg (21.09%), Phosphorus: 153.89mg (15.39%), Vitamin A: 710.03IU (14.2%), Vitamin E: 1.87mg (12.44%), Vitamin C: 8.61mg (10.44%), Vitamin B2: 0.15mg (9.01%), Selenium: 5.67µg (8.11%), Vitamin B12: 0.46µg (7.69%), Zinc: 1.09mg (7.26%), Vitamin B5: 0.69mg (6.94%), Folate: 23.43µg (5.86%), Vitamin B6: 0.09mg (4.57%), Potassium: 146.1mg (4.17%), Magnesium: 12.68mg (3.17%), Iron: 0.55mg (3.08%), Vitamin B3: 0.47mg (2.35%), Manganese: 0.04mg (2.11%), Copper: 0.03mg (1.5%), Vitamin B1: 0.02mg (1.46%), Fiber: 0.34g (1.38%), Vitamin D: 0.19µg (1.26%)