



Gorgonzola Sauce

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



102 kcal

SAUCE

Ingredients

- 3 tablespoons butter
- 1 clove garlic minced
- 2 tablespoons gorgonzola cheese crumbled
- 1 green onion minced
- 4 servings ground pepper fresh black to taste

Equipment

- frying pan
- sauce pan

grill

Directions

In a small saucepan over low heat, combine the butter, Gorgonzola cheese, green onion, garlic and pepper. Warm slowly for about 5 minutes, shaking the pan occasionally until the sauce is nice and creamy. This sauce may also be cooked on a cool part of your grill while grilling meat.

Nutrition Facts

PROTEIN 6.51% **FAT 90.8%** **CARBS 2.69%**

Properties

Glycemic Index:42.75, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:1.7673913091421%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 102.32kcal (5.12%), Fat: 10.54g (16.21%), Saturated Fat: 6.71g (41.93%), Carbohydrates: 0.7g (0.23%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.12g (0.13%), Cholesterol: 27.83mg (9.27%), Sodium: 148.64mg (6.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.4%), Vitamin K: 7.29µg (6.94%), Vitamin A: 346.33IU (6.93%), Calcium: 43.44mg (4.34%), Phosphorus: 32.03mg (3.2%), Vitamin B2: 0.03mg (1.98%), Vitamin E: 0.28mg (1.86%), Selenium: 1.25µg (1.78%), Vitamin B12: 0.1µg (1.72%), Manganese: 0.03mg (1.54%), Zinc: 0.22mg (1.45%), Vitamin B5: 0.14mg (1.41%), Folate: 4.79µg (1.2%), Vitamin B6: 0.02mg (1.17%)