



WHATSheATE



Healthified Blue Cheese Dressing



Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 cup cheese blue crumbled



0.3 cup buttermilk



0.5 cup yogurt plain fat free yoplait® (from 2-lb container)



0.3 cup mayonnaise reduced-fat



0.1 teaspoon pepper



3 drops hot sauce red



0.5 teaspoon citrus champagne vinegar



0.3 teaspoon worcestershire sauce

Equipment

☐

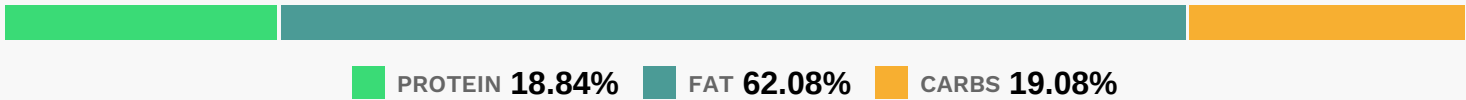
bowl

Directions

☐

In small bowl, mix ingredients until blended. Cover; refrigerate 1 hour to blend flavors. Store in refrigerator up to 2 days.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.4726086944828%

Nutrients (% of daily need)

Calories: 40.05kcal (2%), Fat: 2.76g (4.24%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 1.91g (0.64%), Net Carbohydrates: 1.9g (0.69%), Sugar: 1.47g (1.64%), Cholesterol: 5.18mg (1.73%), Sodium: 123.7mg (5.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Calcium: 55.68mg (5.57%), Phosphorus: 42.77mg (4.28%), Vitamin B2: 0.06mg (3.33%), Vitamin K: 3.21µg (3.05%), Vitamin B12: 0.16µg (2.62%), Selenium: 1.46µg (2.09%), Vitamin B5: 0.18mg (1.83%), Zinc: 0.27mg (1.77%), Potassium: 54.66mg (1.56%), Magnesium: 4.16mg (1.04%)