



Irresistible Blue Cheese Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 oz cheese blue crumbled
- ☐ 8 ounces cream cheese softened reduced-fat
- ☐ 1 teaspoon optional: dill fresh minced
- ☐ 1 teaspoon parsley fresh minced for garnish
- ☐ 1 teaspoon garlic powder
- ☐ 1 cup cream sour reduced-fat

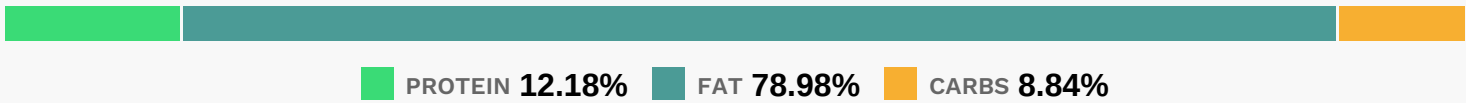
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Place vegetable cream cheese, sour cream, blue cheese, garlic powder, pepper, parsley and dill into a large bowl.
- ☐ Beat with a mixer on medium speed until blended.
- ☐ Sprinkle with additional parsley and serve.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:2.6099999812634%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg

Nutrients (% of daily need)

Calories: 126.51kcal (6.33%), Fat: 11.25g (17.31%), Saturated Fat: 6.85g (42.82%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 2.8g (1.02%), Sugar: 0.81g (0.9%), Cholesterol: 32.88mg (10.96%), Sodium: 184.09mg (8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Calcium: 95.66mg (9.57%), Vitamin A: 390.36IU (7.81%), Phosphorus: 71.51mg (7.15%), Vitamin B2: 0.1mg (6.06%), Selenium: 3.65µg (5.22%), Vitamin B12: 0.24µg (3.96%), Zinc: 0.45mg (3%), Vitamin B5: 0.27mg (2.74%), Potassium: 93.42mg (2.67%), Folate: 7.36µg (1.84%), Vitamin B6: 0.03mg (1.72%), Vitamin E: 0.25mg (1.64%), Magnesium: 6.06mg (1.52%), Vitamin B1: 0.02mg (1.06%)