



Light Blue Cheese Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cheese blue crumbled
- ☐ 1 pinch cayenne pepper
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon milk 2%
- ☐ 0.3 teaspoon worcestershire sauce

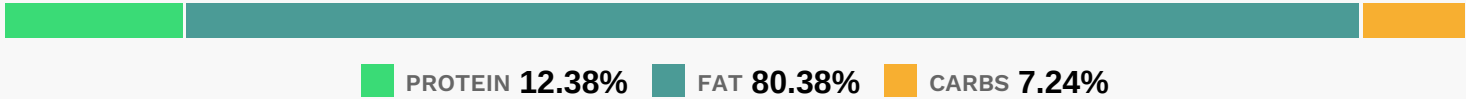
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk the yogurt, milk, mayonnaise, lemon juice, Worcestershire sauce and cayenne in a bowl until smooth. Gently stir in the blue cheese.
- ☐ Add 1/2 teaspoon salt, and black pepper to taste. Cover and refrigerate overnight to let the flavors develop.
- ☐ Photograph by Andrew McCaul

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:4.6434782918381%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 177.38kcal (8.87%), Fat: 15.88g (24.43%), Saturated Fat: 5.15g (32.19%), Carbohydrates: 3.22g (1.07%), Net Carbohydrates: 3.18g (1.15%), Sugar: 2.65g (2.94%), Cholesterol: 20.67mg (6.89%), Sodium: 311.1mg (13.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.5g (11.01%), Vitamin K: 23.48µg (22.36%), Calcium: 151.87mg (15.19%), Phosphorus: 116.55mg (11.66%), Vitamin B2: 0.14mg (8.3%), Vitamin B12: 0.41µg (6.9%), Selenium: 3.89µg (5.55%), Vitamin B5: 0.52mg (5.17%), Zinc: 0.76mg (5.1%), Potassium: 131.61mg (3.76%), Vitamin E: 0.53mg (3.51%), Vitamin A: 168.77IU (3.38%), Folate: 11.15µg (2.79%), Magnesium: 10.12mg (2.53%), Vitamin B6: 0.05mg (2.41%), Vitamin C: 1.77mg (2.15%), Vitamin B1: 0.02mg (1.51%), Vitamin B3: 0.22mg (1.1%)