



Linda's Blue Cheese Dressing

 Gluten Free

READY IN



40 min.

SERVINGS



3

CALORIES



867 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces cheese blue crumbled
- 1 cup buttermilk
- 1 tablespoon parsley dried
- 1 teaspoon garlic powder
- 1 cup mayonnaise
- 2 tablespoons parmesan cheese grated
- 1 tablespoon hot sauce hot
- 1 cup cream sour

1 tablespoon worcestershire sauce

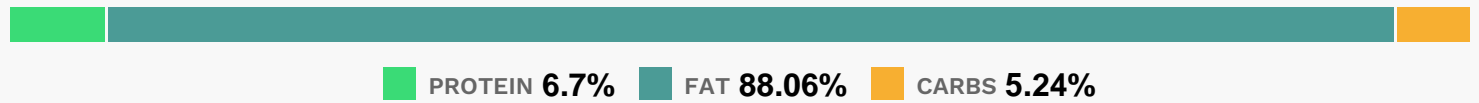
Equipment

Directions

Wisk together the mayonnaise, sour cream, buttermilk, hot sauce, garlic powder, Worcestershire sauce, parmesan cheese and parsley flakes.

Add blue cheese, mix and refrigerate until chilled.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:1.69, Inflammation Score:-7, Nutrition Score:16.598260832869%

Flavonoids

Apigenin: 30.02mg, Apigenin: 30.02mg, Apigenin: 30.02mg, Apigenin: 30.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg

Nutrients (% of daily need)

Calories: 866.7kcal (43.33%), Fat: 85.21g (131.1%), Saturated Fat: 25.6g (159.99%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 11.12g (4.05%), Sugar: 7.83g (8.7%), Cholesterol: 116.64mg (38.88%), Sodium: 1266.74mg (55.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.6g (29.19%), Vitamin K: 133.29µg (126.94%), Calcium: 419.25mg (41.93%), Phosphorus: 320.29mg (32.03%), Vitamin B2: 0.46mg (27.34%), Selenium: 14.52µg (20.75%), Vitamin A: 999.83IU (20%), Vitamin E: 2.98mg (19.89%), Vitamin B12: 1.12µg (18.75%), Vitamin B5: 1.37mg (13.74%), Zinc: 1.9mg (12.67%), Potassium: 403.06mg (11.52%), Vitamin D: 1.39µg (9.3%), Vitamin B6: 0.16mg (8.05%), Magnesium: 30.66mg (7.67%), Folate: 28.52µg (7.13%), Vitamin C: 5.51mg (6.68%), Vitamin B1: 0.08mg (5.56%), Manganese: 0.1mg (5.02%), Iron: 0.89mg (4.95%), Copper: 0.09mg (4.38%), Vitamin B3: 0.66mg (3.28%), Fiber: 0.28g (1.12%)