



Raw Vegetable Salad and Big Blue Dipper

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



217 kcal

SALAD

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 4 servings carrot sticks for dipping
- ☐ 4 servings celery stalks for dipping
- ☐ 4 ounces cup blue recommended: Maytag
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 4 servings radishes for dipping
- ☐ 4 servings scallions for dipping
- ☐ 0.3 cup cup heavy whipping cream sour

☐ 4 servings tomatoes for dipping

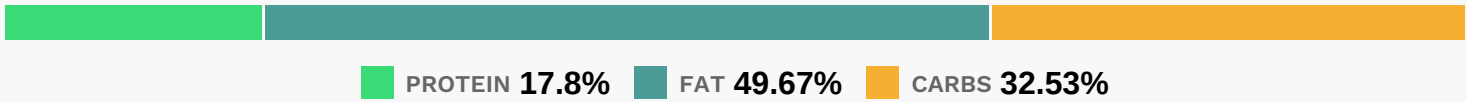
Equipment

☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the buttermilk, sour cream, and blue cheese crumbles in a bowl and season with salt and pepper. Arrange the vegetables on a platter and serve with the dipper.

Nutrition Facts



Properties

Glycemic Index:67.71, Glycemic Load:4.95, Inflammation Score:-10, Nutrition Score:19.437391364056%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 217.37kcal (10.87%), Fat: 12.51g (19.24%), Saturated Fat: 7.42g (46.35%), Carbohydrates: 18.43g (6.14%), Net Carbohydrates: 13.35g (4.86%), Sugar: 11.1g (12.33%), Cholesterol: 33.04mg (11.01%), Sodium: 439.54mg (19.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.08g (20.16%), Vitamin A: 12615.52IU (252.31%), Vitamin C: 38.31mg (46.43%), Vitamin K: 37.28µg (35.51%), Potassium: 918.07mg (26.23%), Calcium: 257.49mg (25.75%), Phosphorus: 225.96mg (22.6%), Fiber: 5.08g (20.31%), Manganese: 0.37mg (18.27%), Folate: 70.45µg (17.61%), Vitamin B6: 0.34mg (17.1%), Vitamin B2: 0.28mg (16.68%), Magnesium: 45.72mg (11.43%), Vitamin B3: 2.21mg (11.06%), Vitamin B5: 1.09mg (10.91%), Vitamin E: 1.58mg (10.52%), Zinc: 1.56mg (10.42%), Vitamin B1: 0.14mg (9.64%), Copper: 0.19mg (9.6%), Selenium: 6.21µg (8.87%), Vitamin B12: 0.51µg (8.57%), Iron: 1.08mg (6.01%), Vitamin D: 0.53µg (3.54%)