



Roquefort/Bleu Cheese Dressing

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 ounces cheese blue
- ☐ 6 ounces cream cheese
- ☐ 2 teaspoons garlic minced
- ☐ 1 tablespoon juice of lemon
- ☐ 4 tablespoons mayonnaise
- ☐ 3 tablespoons milk
- ☐ 10 servings salt and pepper to taste
- ☐ 0.8 cup cup heavy whipping cream sour

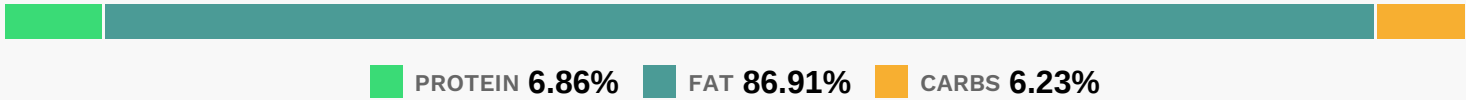
Equipment

☐ bowl

Directions

- ☐ In a medium bowl, stir together cream cheese, mayonnaise, sour cream, garlic, and salt and pepper.
- ☐ Mix in lemon juice and milk, stirring until smooth. Crumble blue cheese into mixture, and fold into mix, without breaking up chunks.

Nutrition Facts



Properties

Glycemic Index:17.2, Glycemic Load:0.43, Inflammation Score:-3, Nutrition Score:2.5782608315349%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 150.7kcal (7.54%), Fat: 14.76g (22.7%), Saturated Fat: 6.71g (41.96%), Carbohydrates: 2.38g (0.79%), Net Carbohydrates: 2.36g (0.86%), Sugar: 1.54g (1.71%), Cholesterol: 33.44mg (11.15%), Sodium: 338.84mg (14.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.24%), Vitamin K: 9.87µg (9.4%), Vitamin A: 379.43IU (7.59%), Calcium: 63.65mg (6.37%), Phosphorus: 54.53mg (5.45%), Vitamin B2: 0.09mg (5.44%), Selenium: 3.02µg (4.31%), Vitamin E: 0.41mg (2.74%), Vitamin B12: 0.16µg (2.61%), Vitamin B5: 0.26mg (2.6%), Zinc: 0.29mg (1.93%), Potassium: 66.76mg (1.91%), Vitamin B6: 0.04mg (1.75%), Magnesium: 5.07mg (1.27%), Folate: 4.69µg (1.17%), Vitamin C: 0.92mg (1.12%)