

Skinny Blue Cheese Dressing

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup yogurt plain fat free yoplait® (from 2-lb container)
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 0.3 cup buttermilk
- ☐ 0.3 cup cheese blue crumbled
- ☐ 0.5 teaspoon citrus champagne vinegar
- ☐ 0.3 teaspoon worcestershire sauce
- ☐ 3 drops hot sauce red
- ☐ 0.1 teaspoon pepper

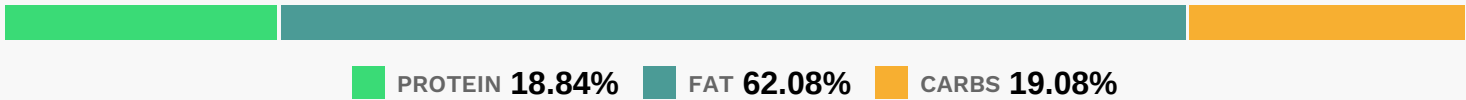
Equipment

☐ bowl

Directions

☐ In small bowl, mix ingredients until blended. Cover; refrigerate 1 hour to blend flavors. Store in refrigerator up to 2 days.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.4726086944828%

Nutrients (% of daily need)

Calories: 40.05kcal (2%), Fat: 2.76g (4.24%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 1.91g (0.64%), Net Carbohydrates: 1.9g (0.69%), Sugar: 1.47g (1.64%), Cholesterol: 5.18mg (1.73%), Sodium: 123.7mg (5.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Calcium: 55.68mg (5.57%), Phosphorus: 42.77mg (4.28%), Vitamin B2: 0.06mg (3.33%), Vitamin K: 3.21µg (3.05%), Vitamin B12: 0.16µg (2.62%), Selenium: 1.46µg (2.09%), Vitamin B5: 0.18mg (1.83%), Zinc: 0.27mg (1.77%), Potassium: 54.66mg (1.56%), Magnesium: 4.16mg (1.04%)