

Stilton Dressing



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



469 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup heavy cream
- ☐ 1 head iceberg lettuce cut in 6 wedges
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup mayonnaise
- ☐ 4 ounces stilton cheese chopped
- ☐ 2 tablespoons tarragon vinegar

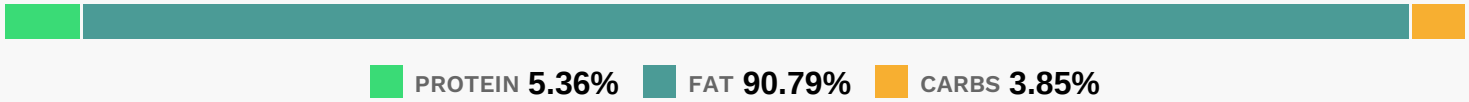
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the cheese, mayonnaise, heavy cream, vinegar, salt and pepper in the bowl of a food processor fitted with a steel blade and process until smooth.
- ☐ Place a wedge of lettuce on each serving plate.
- ☐ Pour enough dressing over the lettuce to moisten.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:0.76, Inflammation Score:-7, Nutrition Score:10.075217583905%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 469.4kcal (23.47%), Fat: 47.8g (73.54%), Saturated Fat: 17.04g (106.53%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 3.44g (1.25%), Sugar: 3.24g (3.6%), Cholesterol: 74.68mg (24.89%), Sodium: 861.83mg (37.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.71%), Vitamin K: 84.5µg (80.48%), Vitamin A: 1203.45IU (24.07%), Calcium: 146.43mg (14.64%), Phosphorus: 122.43mg (12.24%), Vitamin E: 1.8mg (12%), Vitamin B2: 0.18mg (10.39%), Folate: 36.34µg (9.08%), Manganese: 0.14mg (7.11%), Selenium: 4.91µg (7.02%), Potassium: 222.6mg (6.36%), Vitamin B5: 0.58mg (5.76%), Vitamin B12: 0.34µg (5.65%), Vitamin D: 0.8µg (5.36%), Zinc: 0.79mg (5.28%), Fiber: 1.12g (4.48%), Vitamin B6: 0.09mg (4.32%), Vitamin B1: 0.05mg (3.61%), Magnesium: 14.13mg (3.53%), Vitamin C: 2.75mg (3.34%), Iron: 0.57mg (3.14%), Copper: 0.04mg (2.22%), Vitamin B3: 0.33mg (1.65%)