



## Tasty Blue Cheese Salad Dressing

 Vegetarian  Gluten Free

READY IN



130 min.

SERVINGS



6

CALORIES



247 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 4 ounces cheese blue crumbled maytag® (such as )
- ☐ 0.5 cup buttermilk
- ☐ 1 tablespoon cooking sherry dry
- ☐ 0.3 teaspoon garlic salt to taste
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup cup heavy whipping cream sour

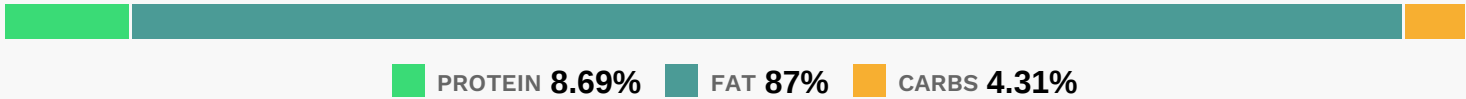
## Equipment

- ☐ bowl
- ☐ plastic wrap

## Directions

- ☐ Stir mayonnaise, sour cream, buttermilk, lemon juice, sherry, and garlic salt together in a bowl. Fold blue cheese through the mixture.
- ☐ Cover bowl with plastic wrap and refrigerate 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:20.5, Glycemic Load:0.48, Inflammation Score:-3, Nutrition Score:5.0630434724786%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 246.6kcal (12.33%), Fat: 23.77g (36.57%), Saturated Fat: 8.04g (50.22%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 2.64g (0.96%), Sugar: 1.92g (2.13%), Cholesterol: 35.52mg (11.84%), Sodium: 459.87mg (19.99%), Alcohol: 0.26g (100%), Alcohol %: 0.4% (100%), Protein: 5.34g (10.69%), Vitamin K: 31.24µg (29.75%), Calcium: 144.08mg (14.41%), Phosphorus: 109.28mg (10.93%), Vitamin B2: 0.14mg (8.42%), Selenium: 4.62µg (6.61%), Vitamin B12: 0.39µg (6.42%), Vitamin A: 308.9IU (6.18%), Vitamin B5: 0.5mg (5.04%), Vitamin E: 0.75mg (5%), Zinc: 0.67mg (4.5%), Potassium: 107.44mg (3.07%), Vitamin D: 0.39µg (2.61%), Folate: 10.41µg (2.6%), Vitamin B6: 0.05mg (2.52%), Magnesium: 8.85mg (2.21%), Vitamin B1: 0.02mg (1.42%), Vitamin C: 1.14mg (1.38%), Vitamin B3: 0.23mg (1.17%), Copper: 0.02mg (1.01%)