



Universally Useful Blue Cheese Dressing

 **Gluten Free**

READY IN



5 min.

SERVINGS



4

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups cheese blue crumbled
- 0.3 cup buttermilk
- 1 teaspoon steak sauce (recommended: A1)
- 1 teaspoon balsamic vinegar good
- 3 tablespoons milk whole
- 1 teaspoon worcestershire sauce (recommended: Lea and Perrins)

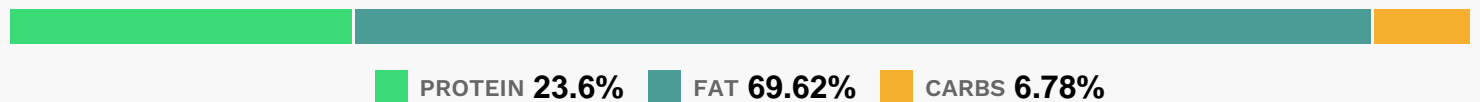
Equipment

- bowl

Directions

- I promised a trio of sauces, but I just had to get this in under the wire. If you like blue cheese – as I, swooningly, do – then know that this, dribbled over sliced, sweet tomatoes along with a torn-off log of baguette is a perfect enough supper just as it is. And you can make a fabulously retro steakhouse-style starter, by cutting a head of iceberg lettuce into wedges and dribbling each crunchy wedge with this plus, perhaps, a scattering of crisp-fried bacon crumbles. And it makes a fabulous dressing to dribble over leftover rare roast beef.
- Put the crumbled cheese into a bowl, add the Worcestershire sauce, steak sauce, buttermilk, milk and the vinegar and mix gently until well combined. Thin if necessary with a little iced water. Chill until needed.
- Make Ahead Note: The dressing will keep for 3 to 4 days in covered container in fridge – store in cold part of fridge rather than in the door.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:0.93, Inflammation Score:-3, Nutrition Score:6.7599999630905%

Nutrients (% of daily need)

Calories: 201.06kcal (10.05%), Fat: 15.55g (23.93%), Saturated Fat: 10.06g (62.85%), Carbohydrates: 3.41g (1.14%), Net Carbohydrates: 3.39g (1.23%), Sugar: 2.21g (2.45%), Cholesterol: 41.52mg (13.84%), Sodium: 643.75mg (27.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.86g (23.73%), Calcium: 306.27mg (30.63%), Phosphorus: 225.75mg (22.57%), Vitamin B2: 0.25mg (14.46%), Vitamin B12: 0.77µg (12.84%), Selenium: 8.31µg (11.87%), Vitamin B5: 0.99mg (9.93%), Zinc: 1.48mg (9.84%), Vitamin A: 441.63IU (8.83%), Potassium: 189.99mg (5.43%), Vitamin B6: 0.1mg (4.96%), Folate: 19.42µg (4.86%), Vitamin D: 0.64µg (4.25%), Magnesium: 15.51mg (3.88%), Vitamin B3: 0.57mg (2.83%), Vitamin B1: 0.03mg (2.12%), Copper: 0.03mg (1.53%), Iron: 0.27mg (1.47%), Vitamin K: 1.35µg (1.28%), Vitamin E: 0.16mg (1.06%)