



Wedge Salad with Elegant Blue Cheese Dressing

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



260 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 pound cheese blue crumbled
- ☐ 0.3 cup buttermilk
- ☐ 1 clove garlic minced
- ☐ 8 servings ground pepper black to taste
- ☐ 1 head iceberg lettuce cut into 8 wedges
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 1 small onion red thinly sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 2 roma tomatoes diced
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1.5 tablespoons sugar white

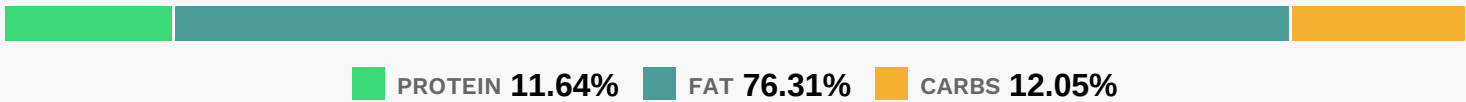
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ Combine 1/2 pound blue cheese, sour cream, buttermilk, mayonnaise, vinegar, olive oil, sugar, garlic, and pepper in a bowl; blend using a hand mixer; chill until serving.
- ☐ Build the salad by placing 1 lettuce wedge on each of 8 plates.
- ☐ Drizzle equal amounts of dressing over each wedge. Scatter tomatoes, onion, and 1/2 pound blue cheese over each salad.

Nutrition Facts



Properties

Glycemic Index:42.14, Glycemic Load:2.81, Inflammation Score:-6, Nutrition Score:8.3765217532282%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 259.79kcal (12.99%), Fat: 22.24g (34.21%), Saturated Fat: 8.12g (50.75%), Carbohydrates: 7.9g (2.63%), Net Carbohydrates: 6.64g (2.41%), Sugar: 5.52g (6.14%), Cholesterol: 32.48mg (10.83%), Sodium: 436.45mg (18.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.26%), Vitamin K: 42.38µg (40.36%), Calcium:

188.01mg (18.8%), Vitamin A: 754.88IU (15.1%), Phosphorus: 149.13mg (14.91%), Vitamin B2: 0.16mg (9.69%), Folate: 36.34µg (9.09%), Selenium: 5.28µg (7.54%), Manganese: 0.15mg (7.34%), Potassium: 255.48mg (7.3%), Vitamin B12: 0.42µg (7.06%), Vitamin E: 1.03mg (6.84%), Vitamin B5: 0.67mg (6.72%), Zinc: 1mg (6.64%), Vitamin C: 5.25mg (6.36%), Vitamin B6: 0.12mg (5.84%), Fiber: 1.26g (5.05%), Magnesium: 16.74mg (4.18%), Vitamin B1: 0.06mg (3.75%), Iron: 0.53mg (2.96%), Copper: 0.05mg (2.63%), Vitamin B3: 0.5mg (2.5%), Vitamin D: 0.3µg (2%)