



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Chunky Bleu Cheese Dressing ♦♦

A creamy and flavorful dressing made with chunky bleu cheese. Perfect for salads, sandwiches, and dipping.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 10

**Serving Size:** 20 g

### Ingredients

<b>1 c</b>	mayonnaise
<b>1 c</b>	sour cream
<b>1 c</b>	bleu cheese
<b>1 c</b>	buttermilk
<b>2 tbsp</b>	Lemon juice
<b>1 tsp</b>	Garlic powder

1 tsp	Onion powder
1 tsp	Salt
0.5 tsp	Black pepper

## Directions

---

### Step 1

#### Mixing

In a mixing bowl, combine mayonnaise, sour cream, bleu cheese, buttermilk, lemon juice, garlic powder, onion powder, salt, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 2

#### Stirring

Stir well until the ingredients are fully combined and the dressing is smooth.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

### Step 3

#### Refrigerating

Refrigerate for at least 1 hour to allow the flavors to meld together.

**Prep Time:** 0 mins

**Cook Time:** 60 mins

## Step 4

Serving

Serve chilled and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 15 g

**Protein:** 3 g

**Carbohydrates:** 2 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	7 g	31.82%	41.18%
Fat	15 g	53.57%	60%
Cholesterol	25 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	8 mg	0.8%	0.8%
Iron	0 mg	0%	0%
Potassium	2 mg	0.06%	0.08%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Events

Christmas

Thanksgiving

Birthday

Barbecue

Picnic

Game Day

### Course

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

### Cost

Under \$10

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

Visit our website: [healthdor.com](http://healthdor.com)