



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Blue Cheese Dressing · ·

Blue Cheese Dressing is a creamy and tangy dressing made with blue cheese, mayonnaise, sour cream, and various seasonings. It is commonly used as a dressing for salads or as a dip for vegetables and wings. This recipe is not suitable for vegans or vegetarians.

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

100 g	Blue cheese
100 g	mayonnaise
100 g	sour cream
1 tsp	Garlic powder
1 tsp	Onion powder

1 tsp	Salt
0.5 tsp	Black pepper
2 tbsp	White Vinegar

Directions

Step 1

In a bowl, crumble the blue cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

Add mayonnaise, sour cream, garlic powder, onion powder, salt, black pepper, and white vinegar to the bowl.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stirring

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

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 12 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	4 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	12 g	42.86%	48%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	8 mg	0.8%	0.8%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	2 mg	18.18%	25%
Selenium	4 mcg	7.27%	7.27%

Recipe Attributes

Events

Christmas Thanksgiving Barbecue Valentine's Day

Course

Sauces & Dressings Salads Appetizers Side Dishes Desserts Drinks
Breads Soups Snacks

Meal Type

Dinner Lunch Snack Supper

Kitchen Tools

Air Fryer

Cultural

Chinese New Year Halloween

Cost

\$10 to \$20

\$20 to \$30

Demographics

Kids Friendly

Difficulty Level

Easy

Visit our website: healthdor.com