



Healthdor

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Blue Cheese Dipping Sauce ♦♦

A creamy and tangy dipping sauce made with blue cheese. Perfect for pairing with vegetables, chips, or wings.

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

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

0.5 tsp Black pepper

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, and black pepper to the bowl.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stirring

Stir until well combined.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Refrigerating

Refrigerate for at least 1 hour before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 15 g

Protein: 4 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

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	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	25 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	200 iu	22.22%	28.57%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	350 mg	15.22%	15.22%
Calcium	100 mg	10%	10%
Iron	1 mg	12.5%	5.56%
Potassium	60 mg	1.76%	2.31%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Summer Fall

Events

Halloween Barbecue Game Day

Course

Side Dishes Sauces & Dressings

Cultural

Easter

Demographics

Pregnancy Safe

Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Low Sodium Diet

The Fast Metabolism Diet

Cooking Method

Boiling

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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