

Home Made Blue Cheese Dressing

This dressing is creamy and versatile, yet boldly flavored.



INGREDIENTS

(Makes about 1L)

U.S. Buttermilk	330ml
Mayonnaise	330ml
Lemon juice, fresh	8ml
Garlic, minced	3g
Black pepper, ground	1g
U.S. Blue Cheese, crumbled	330g
Cayenne pepper	To taste

NUTRITIONAL CONTENT

Per 100g

Calories	356kcal
Total Fat	34g
Saturated Fat	10g
Trans Fat	0g
Cholesterol	37mg
Total Carbohydrates	3g
Dietary Fiber	1g
Sugars	2g
Protein	8g
Calcium	215mg
Magnesium	12mg
Phosphorus	159mg
Potassium	141mg
Sodium	699mg
Iron	0mg
Vitamin A	311IU
Vitamin C	1mg

PREPARATION

1. **Combine all ingredients, except the blue cheese, mixing well.**
2. **Fold coarsely crumbled blue cheese into the dressing mix.**
3. **Let dressing rest overnight for flavors to blend.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2014 U.S. Dairy Export Council.