

Ranch and Blue Cheese Dipping Sauce

Noelle Carter - California Times
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Yield: 1 quart

1 container (16 ounce) sour cream
1 cup mayonnaise
1 tablespoon garlic, minced
1/4 cup red onion, minced
2 tablespoons parsley, chopped
2 tablespoons + 1 teaspoon chives, chopped
2 tablespoons dill, chopped
2 tablespoons tarragon, chopped
zest of one lemon, finely grated or chopped
1 1/2 teaspoons red wine vinegar
1 teaspoon salt
1/2 teaspoon ground chipotle pepper
fresh ground black pepper (to taste)
1 wedge (8 ounce) blue cheese, finely crumbled

In a large bowl, whisk together the sour cream, and mayonnaise until very smooth. Whisk in the garlic, onion, parsley, chives, dill, tarragon, lemon zest, vinegar, salt and chipotle pepper.

Fold in the blue cheese. Season to taste with black pepper. Adjust the salt and vinegar, if desired.

Cover and chill until needed. The dip tastes best if the flavors are allowed to develop for two to three hours before serving.

(The dip will keep, covered and refrigerated, up to three days.)

Per Serving (excluding unknown items): 2546 Calories; 269g Fat (90.1% calories from fat); 39g Protein; 28g Carbohydrate; 3g Dietary Fiber; 264mg Cholesterol; 5113mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 2 Vegetable; 1/2 Non-Fat Milk; 30 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2546	Vitamin B6 (mg):	1.8mg
% Calories from Fat:	90.1%	Vitamin B12 (mcg):	2.6mcg
% Calories from Carbohydrates:	4.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	5.7%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	269g	Folacin (mcg):	129mcg
Saturated Fat (g):	77g	Niacin (mg):	3mg
			0mg

Monounsaturated Fat (g): 73g
Polyunsaturated Fat (g): 94g
Cholesterol (mg): 264mg
Carbohydrate (g): 28g
Dietary Fiber (g): 3g
Protein (g): 39g
Sodium (mg): 5113mg
Potassium (mg): 1337mg
Calcium (mg): 1174mg
Iron (mg): 8mg
Zinc (mg): 5mg
Vitamin C (mg): 25mg
Vitamin A (i.u.): 4406IU
Vitamin A (r.e.): 1029RE

Caffeine (mg):
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 3 1/2
Vegetable: 2
Fruit: 0
Non-Fat Milk: 1/2
Fat: 30
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2546 Calories from Fat: 2294

% Daily Values*

Total Fat 269g	414%
Saturated Fat 77g	387%
Cholesterol 264mg	88%
Sodium 5113mg	213%
Total Carbohydrates 28g	9%
Dietary Fiber 3g	11%
Protein 39g	
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Vitamin A	88%
Vitamin C	42%
Calcium	117%
Iron	47%

* Percent Daily Values are based on a 2000 calorie diet.