

# Blue Cheese Salad Dressing

Yield: 1 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-recipe-for-cantaloupe-blue-cheese-salad>

## Ingredients:

- 2 ounces cream cheese, softened
- 1 cup mayonnaise
- 1 1/2 tablespoons lemon juice freshly squeezed
- 4 1/2 ounces blue cheese or Roquefort or Gorgonzola
- 1/4 cup milk best to use 2% or whole

## Nutrition:

1. Calories: 1420 calories
2. Carbohydrate: 65 grams
3. Cholesterol: 165 milligrams
4. Fat: 116 grams
5. Protein: 33 grams
6. SaturatedFat: 37 grams
7. Sodium: 3500 milligrams
8. Sugar: 20 grams

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