

U.S. Blue Cheese Layered Dip

The combination of spicy, savory, rich and crunchy makes this dip a favorite to serve on game day!



INGREDIENTS

(Makes one platter)

Onions, mandolin sliced very thin	150g
Flour, all purpose	40g
Salt	To taste
U.S. Cream Cheese, softened	240g
U.S. Sour Cream	120g
U.S. Blue Cheese, crumbles	300g
Chile Powder	6g
Scallions, sliced	20g
Sriracha Sauce*	60ml

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving		% Daily Value*	
Calories 250	Calories from Fat 190		
Total Fat 21g			32%
Saturated Fat 12g			60%
Trans Fat 0g			
Cholesterol 60mg			20%
Sodium 710mg			30%
Total Carbohydrate 8g			3%
Dietary Fiber 1g			4%
Sugars 2g			

Protein 9g

Vitamin A 20% • Vitamin C 10%

Calcium 20% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Per 100g

Calories	252kcal
Total Fat	21g
Saturated Fat	12g
Trans Fat	0g
Cholesterol	59mg
Total Carbohydrates	8g
Dietary Fiber	1g
Sugars	2g
Protein	9g
Calcium	217mg
Magnesium	14mg
Phosphorus	179mg
Potassium	191mg
Sodium	711mg
Iron	1mg
Vitamin A	893IU
Vitamin C	7mg

PREPARATION

- In a medium bowl toss onions and flour together to lightly coat onions.
- Deep fry onions until crispy, drain, sprinkle with salt and set aside.
- In a medium bowl mix cream cheese, sour cream and chile powder together until incorporated.
- Spread cream cheese mixture on a 35cm platter as a base.
- Top with blue cheese crumbles, scallions, and crispy fried onions.
- Drizzle Sriracha sauce in a crisscross pattern to desired spiciness.
- Serve with chips or crackers.

Note: Sriracha sauce is a spicy Asian style sauce that has a thickened consistency. You may use your favorite spicy sauce as a substitute.

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. ©2015 U.S. Dairy Export Council.