



Bacon Pimiento Cheese

 Gluten Free

READY IN



25 min.

SERVINGS



15

CALORIES



202 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 4 slices bacon
- 0.1 teaspoon ground pepper red
- 0.5 cup mayonnaise
- 2 tablespoons onion finely chopped
- 0.1 teaspoon pepper
- 4 oz pimientos diced rinsed drained
- 0.3 teaspoon salt
- 16 oz blocks sharp cheddar cheese shredded

1 tablespoon worcestershire sauce

Equipment

frying pan

paper towels

Directions

Cook bacon in a large skillet 4 to 5 minutes on each side or until crisp; remove bacon, and drain on paper towels. Crumble bacon. Stir together bacon, cheese, and remaining ingredients just until blended. Store cheese mixture in an airtight container in refrigerator up to 1 week.

Nutrition Facts

 **PROTEIN 15.74%**  **FAT 80.92%**  **CARBS 3.34%**

Properties

Glycemic Index:14.2, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:5.6943478091903%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 202.23kcal (10.11%), Fat: 18.23g (28.04%), Saturated Fat: 7.47g (46.66%), Carbohydrates: 1.69g (0.56%), Net Carbohydrates: 1.48g (0.54%), Sugar: 0.56g (0.63%), Cholesterol: 37.25mg (12.42%), Sodium: 338.86mg (14.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.96%), Calcium: 216.85mg (21.69%), Phosphorus: 151.24mg (15.12%), Selenium: 9.94µg (14.2%), Vitamin K: 13.72µg (13.07%), Vitamin A: 518.69IU (10.37%), Vitamin C: 8.12mg (9.84%), Vitamin B2: 0.15mg (8.65%), Zinc: 1.21mg (8.08%), Vitamin B12: 0.36µg (5.98%), Vitamin E: 0.57mg (3.78%), Vitamin B6: 0.06mg (2.95%), Magnesium: 9.81mg (2.45%), Vitamin B1: 0.03mg (1.92%), Folate: 7.62µg (1.9%), Potassium: 62.56mg (1.79%), Vitamin B5: 0.17mg (1.73%), Iron: 0.31mg (1.72%), Vitamin B3: 0.32mg (1.6%), Vitamin D: 0.22µg (1.47%), Copper: 0.02mg (1.07%)