



Baked Pimiento Cheese



Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



280 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 8 ounce block cheddar cheese shredded extra-sharp
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1.5 cups mayonnaise
- ☐ 1 teaspoon onion finely grated
- ☐ 15 servings garnish: parsley chopped
- ☐ 4 ounce pimientos diced drained
- ☐ 8 ounce block sharp cheddar cheese shredded
- ☐ 1 teaspoon worcestershire sauce

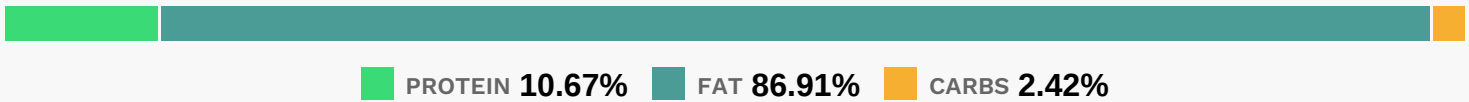
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Stir together first 5 ingredients in a large bowl; stir in cheeses. Spoon mixture into a lightly greased 2-quart or 11- x 7-inch baking dish.
- ☐ Bake at 350 for 20 minutes or until dip is golden and bubbly.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.44, Inflammation Score:-6, Nutrition Score:10.167391079923%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 279.72kcal (13.99%), Fat: 27.1g (41.7%), Saturated Fat: 8.44g (52.73%), Carbohydrates: 1.7g (0.57%), Net Carbohydrates: 1.38g (0.5%), Sugar: 0.56g (0.62%), Cholesterol: 39.65mg (13.22%), Sodium: 348.75mg (15.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.49g (14.97%), Vitamin K: 103.64µg (98.7%), Calcium: 222.14mg (22.21%), Vitamin A: 869.42IU (17.39%), Vitamin C: 13.27mg (16.08%), Phosphorus: 147.48mg (14.75%), Selenium: 9.1µg (13%), Vitamin B2: 0.15mg (8.7%), Zinc: 1.21mg (8.04%), Vitamin E: 1.07mg (7.1%), Vitamin B12: 0.35µg (5.79%), Folate: 14.17µg (3.54%), Iron: 0.52mg (2.91%), Magnesium: 11.03mg (2.76%), Vitamin B6: 0.05mg (2.36%), Potassium: 68.58mg (1.96%), Vitamin B5: 0.18mg (1.8%), Vitamin D: 0.23µg (1.51%), Copper: 0.03mg (1.29%), Fiber: 0.32g (1.27%), Vitamin B1: 0.02mg (1.1%)