



Baked Tex-Mex Pimiento Cheese Dip

 Vegetarian

READY IN



35 min.

SERVINGS



35

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 35 servings serve with: bread cubes french
- ☐ 8 oz block cheddar cheese shredded extra-sharp
- ☐ 35 servings garnish: cilantro leaves fresh
- ☐ 0.3 cup green onions chopped
- ☐ 1 jalapeno minced seeded
- ☐ 1.5 cups mayonnaise
- ☐ 8 oz block pepper jack cheese shredded
- ☐ 12 oz roasted bell peppers red drained chopped

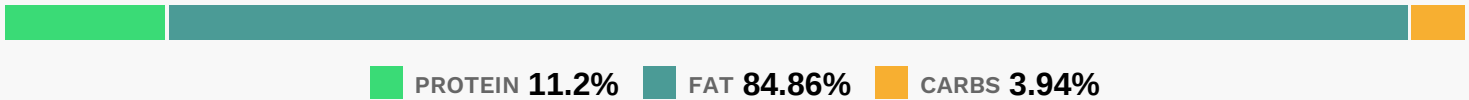
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Stir together first 4 ingredients in a large bowl; stir in cheeses. Spoon mixture into a lightly greased 2-qt. baking dish.
- ☐ Bake at 350 for 20 to 25 minutes or until dip is golden and bubbly.
- ☐ Garnish, if desired.
- ☐ Serve with French bread cubes.

Nutrition Facts



Properties

Glycemic Index:7.39, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:3.1560869709305%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 120.75kcal (6.04%), Fat: 11.43g (17.58%), Saturated Fat: 3.62g (22.61%), Carbohydrates: 1.19g (0.4%), Net Carbohydrates: 1g (0.37%), Sugar: 0.2g (0.22%), Cholesterol: 16.28mg (5.43%), Sodium: 280.18mg (12.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.79%), Vitamin K: 17.88µg (17.03%), Calcium: 100.79mg (10.08%), Phosphorus: 64.11mg (6.41%), Vitamin C: 5.16mg (6.25%), Selenium: 3.32µg (4.74%), Vitamin A: 189.74IU (3.79%), Vitamin B2: 0.06mg (3.65%), Zinc: 0.48mg (3.19%), Vitamin E: 0.4mg (2.69%), Vitamin B12: 0.13µg (2.23%), Manganese: 0.03mg (1.57%), Vitamin B6: 0.03mg (1.55%), Folate: 6.04µg (1.51%), Magnesium: 5.3mg (1.33%), Iron: 0.2mg (1.13%), Copper: 0.02mg (1.06%)