



## Best Farmers' Market Pimento Cheese

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



169 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 2.5 tablespoons green onion light finely chopped (white and green parts)
- 2 tablespoons mayonnaise or as needed
- 1 cup mild cheddar cheese white grated (such as Vermont Cheddar)
- 2 tablespoons pimento finely chopped
- 2.5 tablespoons onion red finely chopped
- 4 drops worcestershire sauce

### Equipment

## Directions

- Stir together the Cheddar cheese, pimento, red onion, green onion, and the Worcestershire sauce. Stir in mayonnaise 1 tablespoon at a time to achieve desired texture.

## Nutrition Facts

PROTEIN 16.16% FAT 78.56% CARBS 5.28%

## Properties

Glycemic Index:45.25, Glycemic Load:0.52, Inflammation Score:-4, Nutrition Score:5.6743478515874%

## Flavonoids

Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

## Nutrients (% of daily need)

Calories: 169.43kcal (8.47%), Fat: 14.88g (22.9%), Saturated Fat: 6.25g (39.07%), Carbohydrates: 2.25g (0.75%), Net Carbohydrates: 1.87g (0.68%), Sugar: 0.83g (0.93%), Cholesterol: 31.19mg (10.4%), Sodium: 244.33mg (10.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.78%), Calcium: 206.02mg (20.6%), Vitamin K: 20.65µg (19.67%), Phosphorus: 136.23mg (13.62%), Selenium: 8.23µg (11.76%), Vitamin C: 9.1mg (11.03%), Vitamin A: 525.04IU (10.5%), Vitamin B2: 0.14mg (8.08%), Zinc: 1.09mg (7.28%), Vitamin B12: 0.31µg (5.13%), Vitamin E: 0.53mg (3.51%), Folate: 10.48µg (2.62%), Vitamin B6: 0.05mg (2.48%), Magnesium: 9.73mg (2.43%), Iron: 0.34mg (1.87%), Potassium: 65.1mg (1.86%), Fiber: 0.38g (1.5%), Vitamin B5: 0.14mg (1.4%), Vitamin D: 0.18µg (1.22%), Manganese: 0.02mg (1.21%), Copper: 0.02mg (1.14%), Vitamin B1: 0.02mg (1.07%)