



Best Farmers' Market Pimento Cheese

 **Gluten Free**

READY IN



10 min.

SERVINGS



4

CALORIES



122 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2.5 tablespoons spring onion light finely chopped (white and green parts)
- 1 cup cheddar cheese white grated (such as Vermont Cheddar)
- 2 tablespoons pimientos 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 22.19% **FAT 70.62%** **CARBS 7.19%**

Properties

Glycemic Index:32.75, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:5.0743477500003%

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: 121.83kcal (6.09%), Fat: 9.65g (14.84%), Saturated Fat: 5.43g (33.95%), Carbohydrates: 2.21g (0.74%), Net Carbohydrates: 1.83g (0.67%), Sugar: 0.79g (0.88%), Cholesterol: 28.25mg (9.42%), Sodium: 199.88mg (8.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.64%), Calcium: 205.46mg (20.55%), Phosphorus: 134.76mg (13.48%), Selenium: 8.07µg (11.53%), Vitamin C: 9.1mg (11.03%), Vitamin A: 520.49IU (10.41%), Vitamin K: 9.24µg (8.8%), Vitamin B2: 0.14mg (8%), Zinc: 1.08mg (7.21%), Vitamin B12: 0.3µg (4.99%), Folate: 10.13µg (2.53%), Vitamin B6: 0.05mg (2.45%), Magnesium: 9.66mg (2.41%), Vitamin E: 0.3mg (1.98%), Potassium: 63.7mg (1.82%), Iron: 0.32mg (1.79%), Fiber: 0.38g (1.5%), Vitamin B5: 0.13mg (1.28%), Manganese: 0.02mg (1.19%), Vitamin D: 0.17µg (1.13%), Copper: 0.02mg (1.07%), Vitamin B1: 0.02mg (1.03%)