



## Bobby's Pimento Cheese

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



765 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.3 cup pepper black
- 3 ounce cream cheese room temperature
- 0.3 cup garlic powder
- 0.5 cup mayonnaise
- 1 cup monterey jack grated
- 1 teaspoon onion grated
- 3 servings cracked pepper black
- 2 tablespoons pimentos smashed

- 1 cup salt
- 1 cup sharp cheddar grated

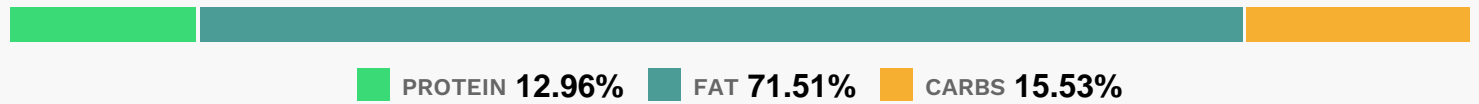
## Equipment

- hand mixer

## Directions

- Using an electric mixer, beat cream cheese until smooth and fluffy.
- Add all of the remaining ingredients and beat until well blended. It can be used as a dip for crudite or as a sandwich filling.
- Mix ingredients together and store in an airtight container for up to 6 months.

## Nutrition Facts



## Properties

Glycemic Index:90.67, Glycemic Load:4.12, Inflammation Score:-8, Nutrition Score:27.631739284681%

## Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 765.33kcal (38.27%), Fat: 62.72g (96.5%), Saturated Fat: 24.85g (155.32%), Carbohydrates: 30.65g (10.22%), Net Carbohydrates: 23.62g (8.59%), Sugar: 2.56g (2.84%), Cholesterol: 115.5mg (38.5%), Sodium: 38540.39mg (1675.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.57g (51.14%), Manganese: 2.84mg (142.06%), Vitamin K: 96.83µg (92.22%), Calcium: 705.35mg (70.54%), Phosphorus: 493.15mg (49.32%), Selenium: 25.22µg (36.03%), Vitamin A: 1445.98IU (28.92%), Fiber: 7.03g (28.12%), Vitamin B2: 0.46mg (26.84%), Zinc: 3.66mg (24.38%), Vitamin B6: 0.49mg (24.27%), Iron: 4.01mg (22.26%), Copper: 0.44mg (22.04%), Magnesium: 74.07mg (18.52%), Potassium: 631.02mg (18.03%), Vitamin E: 2.27mg (15.14%), Vitamin B12: 0.82µg (13.65%), Vitamin C: 10.69mg (12.95%), Vitamin B1: 0.14mg (9.09%), Vitamin B5: 0.89mg (8.86%), Folate: 32.57µg (8.14%), Vitamin D: 0.53µg (3.51%), Vitamin B3: 0.54mg (2.7%)