



Cadillac Pimento Cheese

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



16

CALORIES



122 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 teaspoon cayenne pepper
- 4 ounces cream cheese softened
- 1 dash garlic powder
- 0.5 cup mayonnaise
- 0.3 teaspoon onion powder
- 2 ounce pimento peppers chopped
- 1.5 cups processed american cheese food shredded

Equipment

bowl

Directions

In a bowl, mix the processed American cheese, cream cheese, mayonnaise, and pimentos. Season with onion powder, cayenne pepper, and garlic powder. Cover, and chill until ready to serve.

Nutrition Facts



PROTEIN 9.53% **FAT 86.62%** **CARBS 3.85%**

Properties

Glycemic Index:11.63, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:3.1469565066306%

Nutrients (% of daily need)

Calories: 122.32kcal (6.12%), Fat: 11.87g (18.25%), Saturated Fat: 4.62g (28.9%), Carbohydrates: 1.18g (0.39%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.73g (0.81%), Cholesterol: 23.22mg (7.74%), Sodium: 286.66mg (12.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Calcium: 145.01mg (14.5%), Vitamin K: 12.29µg (11.7%), Phosphorus: 94.15mg (9.41%), Vitamin A: 330.85IU (6.62%), Selenium: 3.44µg (4.91%), Vitamin C: 3.72mg (4.51%), Vitamin B12: 0.22µg (3.68%), Vitamin B2: 0.05mg (3.01%), Vitamin E: 0.43mg (2.9%), Zinc: 0.38mg (2.55%), Magnesium: 4.46mg (1.11%), Vitamin B6: 0.02mg (1.1%), Vitamin B5: 0.11mg (1.06%), Potassium: 35.93mg (1.03%), Iron: 0.18mg (1.01%)