



## Cheddar & Pimento Spread

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



244 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 2 oz philadelphia cream cheese softened ()
- 2 green onions chopped
- 0.3 cup real mayo mayonnaise kraft
- 2 Tbsp pimentos chopped
- 1 cup cheddar cheese shredded kraft
- 10 servings woven wheat crackers

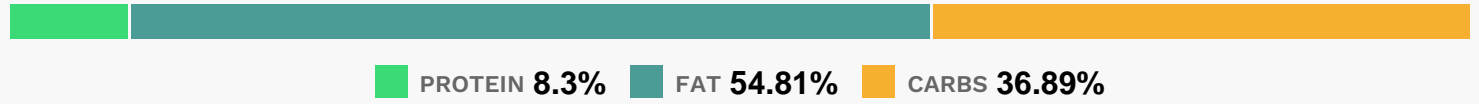
### Equipment

- bowl

## Directions

- Mix cream cheese and mayo in medium bowl until blended.
- Stir in cheddar and pimentos; top with onions.
- Serve with crackers.

## Nutrition Facts



## Properties

Glycemic Index:18.1, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:3.35956518999991%

## Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 243.73kcal (12.19%), Fat: 14.95g (23.01%), Saturated Fat: 4.96g (31.03%), Carbohydrates: 22.65g (7.55%), Net Carbohydrates: 20.54g (7.47%), Sugar: 4.36g (4.84%), Cholesterol: 19.38mg (6.46%), Sodium: 354.98mg (15.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.19%), Vitamin K: 14.73µg (14.03%), Calcium: 106.33mg (10.63%), Fiber: 2.1g (8.41%), Phosphorus: 60.39mg (6.04%), Vitamin A: 280.66IU (5.61%), Selenium: 3.83µg (5.48%), Iron: 0.85mg (4.7%), Vitamin B2: 0.07mg (3.98%), Vitamin C: 2.95mg (3.57%), Zinc: 0.47mg (3.11%), Vitamin E: 0.35mg (2.34%), Vitamin B12: 0.14µg (2.32%), Folate: 4.87µg (1.22%), Magnesium: 4.27mg (1.07%)