



Classic Pimiento Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



763 kcal

CONDIMENT

DIP

SPREAD

Ingredients

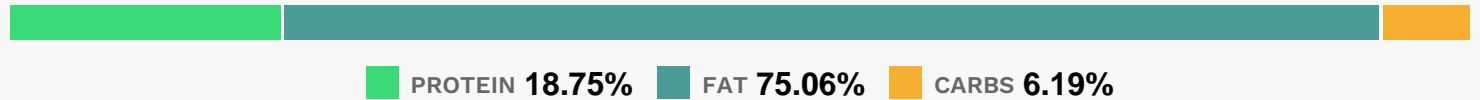
- 8 oz sharp cheddar cheese shredded 2% extra-sharp reduced-fat finely
- 0.3 teaspoon ground pepper red
- 1 teaspoon juice of lemon
- 0.8 cup mayonnaise light
- 1 teaspoon onion finely grated
- 4 oz pimientos diced drained
- 8 oz sharp cheddar cheese shredded 2% reduced-fat
- 1 teaspoon worcestershire sauce

Equipment

Directions

- Stir together mayonnaise, pimiento, onion, lemon juice, Worcestershire sauce, and ground red pepper. Stir in cheeses.

Nutrition Facts



Properties

Glycemic Index:52.67, Glycemic Load:1.7, Inflammation Score:-9, Nutrition Score:24.78391310443%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 763.45kcal (38.17%), Fat: 64.01g (98.48%), Saturated Fat: 30.99g (193.68%), Carbohydrates: 11.87g (3.96%), Net Carbohydrates: 10.94g (3.98%), Sugar: 4.03g (4.48%), Cholesterol: 160.16mg (53.39%), Sodium: 1484.47mg (64.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.98g (71.96%), Calcium: 1077.61mg (107.76%), Phosphorus: 710.84mg (71.08%), Selenium: 44.35µg (63.36%), Vitamin A: 2628.81IU (52.58%), Vitamin C: 40.39mg (48.96%), Vitamin B2: 0.7mg (41.11%), Zinc: 5.68mg (37.9%), Vitamin K: 37.71µg (35.92%), Vitamin B12: 1.6µg (26.71%), Vitamin E: 2.73mg (18.21%), Magnesium: 45.27mg (11.32%), Vitamin B6: 0.21mg (10.53%), Folate: 37.43µg (9.36%), Iron: 1.22mg (6.78%), Vitamin B5: 0.66mg (6.64%), Potassium: 228.78mg (6.54%), Vitamin D: 0.91µg (6.05%), Copper: 0.09mg (4.42%), Vitamin B1: 0.06mg (3.93%), Fiber: 0.93g (3.72%), Manganese: 0.06mg (2.91%), Vitamin B3: 0.4mg (2%)