



Cook the Book: Pimento Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



289 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 ounces cheddar cheese mixed white yellow
- 2 tablespoons mayonnaise
- 2 teaspoons mustard
- 4 servings pepper freshly ground
- 4 ounce pasilla peppers diced spanish
- 1 spring onion sliced
- 1 teaspoon paprika smoked sweet hot

Equipment

- grater
- meat grinder

Directions

Grate the cheese on the coarse holes of a grater or run it through a meat grinder if you still have one. Stir in the peppers, mayonnaise, mustard, and paprika, tasting and adjusting as you go. Finally season with plenty of freshly ground black pepper and add the scallion.

- Related
- Jalpeño–Pimento Cheese Burger
- Hamburger America: Northgate Soda Shop in Greenville, South Carolina

Nutrition Facts

PROTEIN 18.9% **FAT 76.39%** **CARBS 4.71%**

Properties

Glycemic Index:49.5, Glycemic Load:0.56, Inflammation Score:-6, Nutrition Score:10.76869564471%

Flavonoids

Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 288.75kcal (14.44%), Fat: 24.72g (38.03%), Saturated Fat: 11.74g (73.38%), Carbohydrates: 3.43g (1.14%), Net Carbohydrates: 2.56g (0.93%), Sugar: 1.07g (1.18%), Cholesterol: 59.64mg (19.88%), Sodium: 444.45mg (19.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.76g (27.53%), Calcium: 409.58mg (40.96%), Vitamin C: 23.37mg (28.33%), Phosphorus: 272.36mg (27.24%), Selenium: 17.11µg (24.44%), Vitamin K: 21.68µg (20.65%), Vitamin A: 956.07IU (19.12%), Vitamin B2: 0.27mg (15.86%), Zinc: 2.18mg (14.52%), Vitamin B12: 0.61µg (10.16%), Vitamin E: 0.93mg (6.21%), Vitamin B6: 0.12mg (5.89%), Magnesium: 21.07mg (5.27%), Folate: 17.45µg (4.36%), Manganese: 0.08mg (3.83%), Fiber: 0.87g (3.47%), Potassium: 119.43mg (3.41%), Vitamin B5: 0.3mg (2.98%), Vitamin B1: 0.04mg (2.76%), Copper: 0.05mg (2.4%), Vitamin D: 0.35µg (2.36%), Iron: 0.4mg (2.23%), Vitamin B3: 0.25mg (1.23%)