



Creamy Pimento Cheese

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



10

CALORIES



222 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 ounce cream cheese softened
- 1 pinch garlic powder
- 0.3 cup mayonnaise
- 2 cups cheddar cheese shredded extra-sharp

Equipment

- hand mixer

Directions

- ☐ Beat the cream cheese at medium speed with an electric mixer until creamy; add Cheddar cheese and continue beating until light and fluffy. Beat in mayonnaise and garlic powder; stir in pimento. Cover and chill for at least 1 hour.

Nutrition Facts

PROTEIN 12.03% **FAT 84.66%** **CARBS 3.31%**

Properties

Glycemic Index:10.9, Glycemic Load:0.51, Inflammation Score:-4, Nutrition Score:4.4978260968042%

Nutrients (% of daily need)

Calories: 222.39kcal (11.12%), Fat: 21.07g (32.42%), Saturated Fat: 9.79g (61.21%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.85g (0.67%), Sugar: 0.97g (1.08%), Cholesterol: 48.64mg (16.21%), Sodium: 266.44mg (11.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.47%), Calcium: 182.39mg (18.24%), Phosphorus: 129.38mg (12.94%), Vitamin K: 13.19µg (12.56%), Selenium: 8.52µg (12.17%), Vitamin A: 535.89IU (10.72%), Vitamin B2: 0.15mg (9.02%), Zinc: 0.95mg (6.36%), Vitamin B12: 0.3µg (4.97%), Vitamin E: 0.61mg (4.06%), Vitamin B5: 0.24mg (2.36%), Magnesium: 8.23mg (2.06%), Folate: 7.17µg (1.79%), Vitamin B6: 0.03mg (1.45%), Potassium: 48.95mg (1.4%)