



Creamy Pimiento Cheese

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



196 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 cup mayonnaise
- ☐ 1 teaspoon onion grated
- ☐ 4 oz pimientos diced drained
- ☐ 10 servings salt and pepper to taste
- ☐ 10 oz block sharp cheddar cheese shredded
- ☐ 1 Dash worcestershire sauce

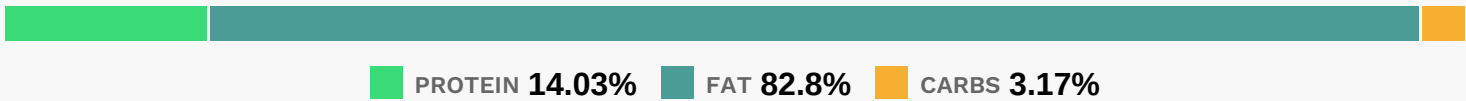
Equipment

☐ stand mixer

Directions

☐ Beat shredded cheese, mayonnaise, pimiento, grated onion, Dijon mustard, ground red pepper, and Worcestershire sauce at medium speed with a heavy-duty electric stand mixer 1 minute or until creamy. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:21.3, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:5.8213044301323%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 195.62kcal (9.78%), Fat: 18.08g (27.82%), Saturated Fat: 6.76g (42.27%), Carbohydrates: 1.56g (0.52%), Net Carbohydrates: 1.26g (0.46%), Sugar: 0.56g (0.63%), Cholesterol: 33.05mg (11.02%), Sodium: 459.07mg (19.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.79%), Calcium: 202.78mg (20.28%), Vitamin K: 20.14µg (19.18%), Vitamin C: 11.86mg (14.38%), Phosphorus: 135.38mg (13.54%), Vitamin A: 613.66IU (12.27%), Selenium: 8.48µg (12.11%), Vitamin B2: 0.14mg (8.02%), Zinc: 1.09mg (7.26%), Vitamin B12: 0.31µg (5.23%), Vitamin E: 0.69mg (4.61%), Vitamin B6: 0.05mg (2.6%), Magnesium: 8.91mg (2.23%), Folate: 7.44µg (1.86%), Iron: 0.32mg (1.79%), Potassium: 48.84mg (1.4%), Vitamin B5: 0.14mg (1.39%), Vitamin D: 0.19µg (1.28%), Fiber: 0.3g (1.2%)