



Divine Pimiento Cheese



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



303 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.8 cup mayonnaise
- ☐ 10 servings pepper freshly ground
- ☐ 4 oz pimientos diced drained
- ☐ 16 oz sharp cheddar cheese
- ☐ 2 tablespoons onion grated

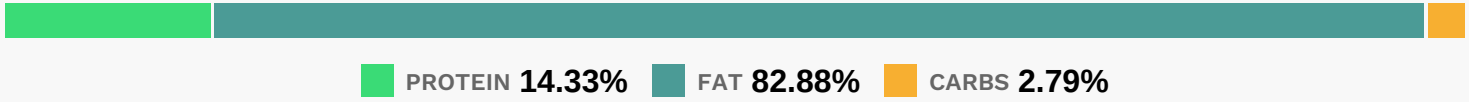
Equipment

- ☐ box grater

Directions

- ☐ Grate cheese using the large holes of a box grater.
- ☐ Combine cheese and next 3 ingredients, stirring until blended. Store in an airtight container in refrigerator up to 4 days.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:15.4, Glycemic Load:0.56, Inflammation Score:-5, Nutrition Score:8.4034782518511%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 303.37kcal (15.17%), Fat: 28.04g (43.13%), Saturated Fat: 10.68g (66.76%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 1.82g (0.66%), Sugar: 0.72g (0.8%), Cholesterol: 52.42mg (17.47%), Sodium: 405.44mg (17.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.91g (21.82%), Calcium: 323.67mg (32.37%), Vitamin K: 29.8µg (28.38%), Phosphorus: 214.35mg (21.44%), Selenium: 13.26µg (18.94%), Vitamin A: 767.06IU (15.34%), Vitamin C: 11.89mg (14.41%), Vitamin B2: 0.21mg (12.48%), Zinc: 1.72mg (11.47%), Vitamin B12: 0.5µg (8.35%), Vitamin E: 0.99mg (6.59%), Magnesium: 13.56mg (3.39%), Vitamin B6: 0.07mg (3.27%), Folate: 11.64µg (2.91%), Vitamin B5: 0.22mg (2.21%), Vitamin D: 0.31µg (2.04%), Iron: 0.36mg (1.98%), Potassium: 63.88mg (1.83%), Manganese: 0.03mg (1.52%), Copper: 0.03mg (1.37%), Fiber: 0.3g (1.22%), Vitamin B1: 0.02mg (1.21%)