



Easy Pimento Cheese

 Vegetarian

READY IN

ready

30 min.

SERVINGS

servings

12

CALORIES

calories

434 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon ground celery seed
- ☐ 3 cloves garlic finely minced
- ☐ 1 cup mayonnaise
- ☐ 0.5 pound pepper jack cheese shredded
- ☐ 4 ounce pimentos diced
- ☐ 0.5 onion diced red
- ☐ 12 servings salt and pepper black freshly ground
- ☐ 0.5 pound cheddar cheese shredded recommended: Colby

- ☐ 1 teaspoon paprika smoked hot
- ☐ 1 loaf sandwich bread white sliced into diagonal pieces

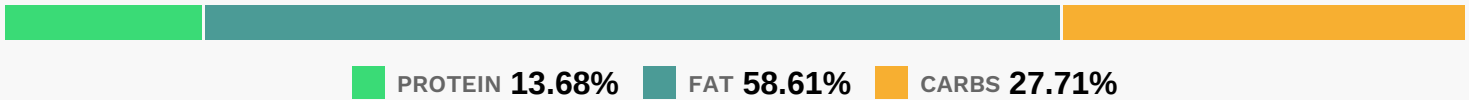
Equipment

- ☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium bowl, combine cheeses, pimentos and pimento juice, onion, mayonnaise, garlic, paprika, and celery seed.
- ☐ Mix well and season with salt and pepper, to taste. Refrigerate until ready to serve.
- ☐ Transfer the cheese spread to a serving bowl and serve with the bread.

Nutrition Facts



Properties

Glycemic Index:27.31, Glycemic Load:20.43, Inflammation Score:-6, Nutrition Score:13.814782588378%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 434.18kcal (21.71%), Fat: 28.24g (43.44%), Saturated Fat: 9.9g (61.89%), Carbohydrates: 30.03g (10.01%), Net Carbohydrates: 28.32g (10.3%), Sugar: 3.82g (4.25%), Cholesterol: 43.56mg (14.52%), Sodium: 628.02mg (27.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.83g (29.66%), Calcium: 401.04mg (40.1%), Selenium: 21.84µg (31.2%), Vitamin K: 32.76µg (31.2%), Phosphorus: 244.03mg (24.4%), Vitamin B1: 0.3mg (20.27%), Manganese: 0.39mg (19.48%), Folate: 72.87µg (18.22%), Vitamin B2: 0.31mg (18.12%), Vitamin B3: 2.83mg (14.13%), Vitamin A: 681.15IU (13.62%), Iron: 2.41mg (13.38%), Vitamin C: 10.42mg (12.63%), Zinc: 1.84mg (12.26%), Vitamin E: 1.06mg (7.06%), Magnesium: 27.83mg (6.96%), Fiber: 1.71g (6.83%), Vitamin B12: 0.38µg (6.33%), Vitamin B6: 0.13mg (6.29%), Copper: 0.1mg (4.97%), Vitamin B5: 0.47mg (4.7%), Potassium: 134.13mg (3.83%), Vitamin D:

0.26µg (1.76%)