



Fancy Pimento Cheese

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



1754 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 4 ounces cream cheese softened
- 0.3 cup dill pickle juice
- 0.5 cup chives fresh minced
- 1 pinch ground pepper black
- 0.5 cup mayonnaise
- 1 tablespoon pepper sauce hot cholula® (such as)
- 0.5 cup roasted pepper red minced
- 20 ounces sharp cheddar cheese

Equipment

- bowl
- box grater

Directions

- Using the smallest holes of a box grater, grate half the Cheddar cheese. Grate the remaining Cheddar cheese on the next larger size holes.
- Stir together the Cheddar cheese, chives, roasted red pepper, cream cheese, pickle juice, mayonnaise, hot pepper sauce, and black pepper in a bowl until evenly combined.

Nutrition Facts



Properties

Glycemic Index:90.5, Glycemic Load:2.96, Inflammation Score:-10, Nutrition Score:38.779565272124%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 1754.48kcal (87.72%), Fat: 157.98g (243.05%), Saturated Fat: 72.47g (452.94%), Carbohydrates: 14.42g (4.81%), Net Carbohydrates: 13.72g (4.99%), Sugar: 3.65g (4.06%), Cholesterol: 364.28mg (121.43%), Sodium: 3482.55mg (151.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.72g (141.45%), Calcium: 2088.08mg (208.81%), Phosphorus: 1384.43mg (138.44%), Selenium: 86.59µg (123.7%), Vitamin K: 120.81µg (115.06%), Vitamin A: 4266.59IU (85.33%), Vitamin B2: 1.42mg (83.45%), Zinc: 10.9mg (72.66%), Vitamin B12: 3.2µg (53.28%), Vitamin C: 26.95mg (32.66%), Vitamin E: 4.48mg (29.87%), Magnesium: 90.67mg (22.67%), Folate: 83.94µg (20.98%), Vitamin B5: 1.64mg (16.44%), Vitamin B6: 0.32mg (15.91%), Vitamin D: 1.81µg (12.09%), Potassium: 395.06mg (11.29%), Copper: 0.18mg (8.9%), Vitamin B1: 0.12mg (7.99%), Manganese: 0.14mg (7.07%), Iron: 1.11mg (6.16%), Fiber: 0.7g (2.81%), Vitamin B3: 0.47mg (2.37%)