



WHATSheATE



Food Shark's Pimiento Cheese



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



782 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 teaspoon horseradish fresh grated
- ☐ 0.3 cup parsley fresh chopped
- ☐ 12 oz havarti cheese shredded
- ☐ 1 cup mayonnaise
- ☐ 1 tablespoon pepperoncini peppers
- ☐ 2 tablespoons pepperoncini peppers jarred chopped

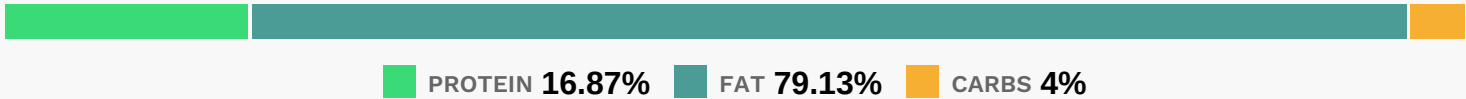
- ☐ 6 servings pepperoncini peppers fresh
- ☐ 0.3 cup onion red finely chopped
- ☐ 12 oz roasted peppers red drained finely chopped
- ☐ 16 oz sharp cheddar cheese shredded

Equipment

Directions

- ☐ Stir together roasted red bell peppers, mayonnaise, red onion, parsley, 1 Tbsp. chopped fresh dill, Dijon mustard, pepperoncini salad peppers, liquid from pepperoncini salad peppers, and horseradish. Gently stir in Cheddar cheese and Havarti cheese until well blended. Cover and chill until ready to serve.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:0.78, Inflammation Score:-9, Nutrition Score:27.93956495368%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 782.23kcal (39.11%), Fat: 69.35g (106.69%), Saturated Fat: 28.75g (179.71%), Carbohydrates: 7.89g (2.63%), Net Carbohydrates: 5.6g (2.04%), Sugar: 1.53g (1.7%), Cholesterol: 141.17mg (47.06%), Sodium: 1997.08mg (86.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.27g (66.54%), Vitamin K: 107.13µg (102.03%), Calcium: 918.11mg (91.81%), Vitamin C: 59.81mg (72.5%), Phosphorus: 686.08mg (68.61%), Selenium: 29.08µg (41.55%), Vitamin A: 1865.99IU (37.32%), Zinc: 5.36mg (35.73%), Vitamin B2: 0.57mg (33.62%), Vitamin B12: 1.63µg (27.14%), Folate: 76.61µg (19.15%), Vitamin B6: 0.35mg (17.36%), Vitamin E: 2.46mg (16.4%), Magnesium: 52.64mg (13.16%), Manganese: 0.2mg (10.2%), Copper: 0.2mg (9.9%), Fiber: 2.3g (9.18%), Potassium: 308.69mg (8.82%),

Vitamin B1: 0.11mg (7.44%), Vitamin B5: 0.72mg (7.18%), Iron: 1.16mg (6.44%), Vitamin B3: 0.92mg (4.58%), Vitamin D: 0.68µg (4.52%)