



Hot Tex Mex Pimiento Cheese Dip

 Vegetarian

READY IN



35 min.

SERVINGS



16

CALORIES



267 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups mayonnaise
- ☐ 0.5 jar roasted peppers red drained chopped (12-oz size)
- ☐ 0.3 cup spring onion chopped (4 medium)
- ☐ 1 jalapeno seeded finely chopped
- ☐ 8 oz cheddar cheese shredded extra-sharp
- ☐ 8 oz pepper jack cheese shredded
- ☐ 1 serving cilantro leaves fresh chopped
- ☐ 1 slices bread french

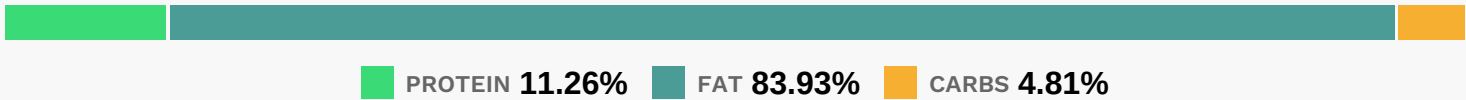
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 9-inch round (2-quart) glass baking dish with cooking spray.
- ☐ In large bowl, mix mayonnaise, roasted peppers, onions and chile; stir in cheeses. Spoon mixture into baking dish.
- ☐ Bake uncovered 20 to 25 minutes or until golden and bubbly.
- ☐ Garnish with cilantro.
- ☐ Serve dip warm with bread slices.

Nutrition Facts



Properties

Glycemic Index:17.53, Glycemic Load:1.81, Inflammation Score:-3, Nutrition Score:6.4665217917898%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 267.05kcal (13.35%), Fat: 24.96g (38.4%), Saturated Fat: 7.91g (49.46%), Carbohydrates: 3.22g (1.07%), Net Carbohydrates: 2.94g (1.07%), Sugar: 0.49g (0.55%), Cholesterol: 35.61mg (11.87%), Sodium: 480.92mg (20.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.06%), Vitamin K: 38.37µg (36.54%), Calcium: 215.31mg (21.53%), Phosphorus: 139.4mg (13.94%), Selenium: 7.74µg (11.06%), Vitamin B2: 0.14mg (8.47%), Vitamin C: 6.27mg (7.6%), Zinc: 1.04mg (6.97%), Vitamin A: 345.37IU (6.91%), Vitamin E: 0.88mg (5.87%), Vitamin B12: 0.29µg (4.89%), Folate: 14.44µg (3.61%), Vitamin B1: 0.04mg (2.71%), Magnesium: 10.76mg (2.69%), Vitamin B6: 0.05mg (2.52%), Iron: 0.44mg (2.42%), Manganese: 0.05mg (2.29%), Copper: 0.03mg (1.74%), Potassium: 53.3mg

(1.52%), Vitamin B5: 0.15mg (1.46%), Vitamin B3: 0.29mg (1.46%), Vitamin D: 0.21µg (1.41%), Fiber: 0.28g (1.12%)