



Jalapeño Pimiento Cheese

 **Gluten Free**

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

1046 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 8 ounce block cheddar cheese shredded extra-sharp finely
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 jalapeño peppers minced seeded
- ☐ 1.5 cups mayonnaise
- ☐ 1 teaspoon onion finely grated
- ☐ 4 ounce pimientos diced drained
- ☐ 8 ounce block sharp cheddar cheese shredded
- ☐ 1 teaspoon worcestershire sauce

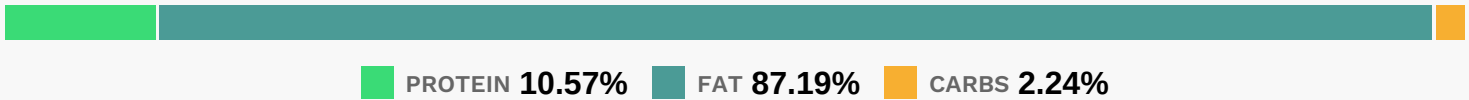
Equipment

☐ bowl

Directions

☐ Stir together first 5 ingredients in a large bowl; stir in cheeses and jalapeo peppers. Store in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:1.59, Inflammation Score:-9, Nutrition Score:23.825651858164%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 1045.58kcal (52.28%), Fat: 101.54g (156.22%), Saturated Fat: 31.63g (197.67%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 4.98g (1.81%), Sugar: 2.27g (2.52%), Cholesterol: 148.68mg (49.56%), Sodium: 1299.61mg (56.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.7g (55.39%), Vitamin K: 143.95µg (137.09%), Calcium: 813.17mg (81.32%), Phosphorus: 546.19mg (54.62%), Selenium: 34.13µg (48.76%), Vitamin C: 38.11mg (46.2%), Vitamin A: 2072.2IU (41.44%), Vitamin B2: 0.54mg (32.05%), Zinc: 4.37mg (29.13%), Vitamin E: 4.13mg (27.55%), Vitamin B12: 1.3µg (21.71%), Vitamin B6: 0.19mg (9.63%), Magnesium: 34.93mg (8.73%), Folate: 32.24µg (8.06%), Vitamin B5: 0.64mg (6.38%), Iron: 1.05mg (5.83%), Vitamin D: 0.85µg (5.66%), Potassium: 191.44mg (5.47%), Copper: 0.08mg (3.86%), Fiber: 0.89g (3.56%), Vitamin B1: 0.05mg (3.45%), Manganese: 0.05mg (2.66%), Vitamin B3: 0.38mg (1.92%)