



Jalapeño-Pimiento Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



392 kcal

CONDIMENT

DIP

SPREAD

Ingredients

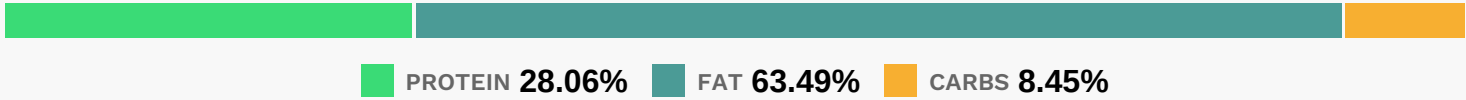
- ☐ 8 oz sharp cheddar cheese shredded 2% extra-sharp reduced-fat
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 1.3 cups greek yogurt fat-free low-fat
- ☐ 1 tablespoon jalapeno jarred undrained chopped
- ☐ 4 oz pimientos diced drained

Equipment

Directions

☐ Stir together yogurt, pimiento, cilantro, pickled jalapeo peppers, and 1 Tbsp. liquid from pickled jalapeo peppers. Stir in cheeses.

Nutrition Facts



Properties

Glycemic Index:45.33, Glycemic Load:1.23, Inflammation Score:-8, Nutrition Score:14.792608623919%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 392.1kcal (19.61%), Fat: 27.75g (42.69%), Saturated Fat: 15.67g (97.94%), Carbohydrates: 8.3g (2.77%), Net Carbohydrates: 7.29g (2.65%), Sugar: 5.48g (6.09%), Cholesterol: 81.06mg (27.02%), Sodium: 539.72mg (23.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.59g (55.19%), Calcium: 648.08mg (64.81%), Vitamin C: 45.31mg (54.93%), Vitamin A: 1887.58IU (37.75%), Phosphorus: 355.61mg (35.56%), Selenium: 21.49µg (30.7%), Vitamin B2: 0.36mg (21.47%), Zinc: 2.87mg (19.13%), Vitamin B12: 0.8µg (13.36%), Vitamin B6: 0.17mg (8.65%), Vitamin E: 1.07mg (7.13%), Vitamin K: 7.42µg (7.07%), Magnesium: 23.88mg (5.97%), Iron: 0.92mg (5.09%), Folate: 20.04µg (5.01%), Potassium: 144.95mg (4.14%), Fiber: 1.02g (4.07%), Vitamin B5: 0.33mg (3.33%), Vitamin D: 0.45µg (3.02%), Copper: 0.05mg (2.53%), Manganese: 0.05mg (2.42%), Vitamin B1: 0.03mg (2.14%), Vitamin B3: 0.39mg (1.95%)