



## Jim C's Favorite Pimento Cheese

 **Gluten Free**

READY IN



**490 min.**

SERVINGS



**8**

CALORIES



**440 kcal**

CONDIMENT

DIP

SPREAD

### Ingredients

- 8 ounces extra sharp cheddar cheese grated
- 1 cup mayonnaise
- 0.3 cup onion chopped
- 0.3 cup pecans chopped
- 0.5 teaspoon hot sauce hot tabasco® (such as )
- 8 ounces processed cheese food cubed velveeta® (such as )
- 1 to 5 chilies red seeded chopped
- 1 teaspoon worcestershire sauce

# Equipment

food processor

# Directions

Place the Cheddar cheese, processed cheese, mayonnaise, pepper sauce, onion, Worcestershire sauce, pimentos, pecans, and red chile pepper in a food processor. Blend until smooth. Chill overnight for flavors to blend.

# Nutrition Facts



**PROTEIN 11.29%**   **FAT 85.56%**   **CARBS 3.15%**

# Properties

Glycemic Index:23.25, Glycemic Load:0.85, Inflammation Score:-5, Nutrition Score:11.48608689982%

# Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

# Nutrients (% of daily need)

Calories: 439.64kcal (21.98%), Fat: 42.08g (64.74%), Saturated Fat: 14.05g (87.83%), Carbohydrates: 3.48g (1.16%), Net Carbohydrates: 2.99g (1.09%), Sugar: 1.62g (1.8%), Cholesterol: 68.46mg (22.82%), Sodium: 853.99mg (37.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.49g (24.98%), Calcium: 504.07mg (50.41%), Vitamin K: 48µg (45.71%), Phosphorus: 331.22mg (33.12%), Selenium: 14.58µg (20.83%), Zinc: 1.97mg (13.12%), Vitamin B12: 0.76µg (12.66%), Vitamin A: 626.72IU (12.53%), Vitamin B2: 0.21mg (12.26%), Vitamin C: 8.78mg (10.64%), Vitamin E: 1.45mg (9.64%), Manganese: 0.19mg (9.34%), Magnesium: 21.33mg (5.33%), Copper: 0.08mg (3.97%), Vitamin B6: 0.08mg (3.96%), Vitamin B5: 0.33mg (3.27%), Folate: 12.69µg (3.17%), Potassium: 110.59mg (3.16%), Vitamin B1: 0.04mg (2.98%), Iron: 0.48mg (2.66%), Vitamin D: 0.4µg (2.64%), Fiber: 0.5g (1.99%)