



## John's Pimento Cheese Spread

 Vegetarian  Gluten Free

READY IN



130 min.

SERVINGS



8

CALORIES



212 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 1 teaspoon garlic powder to taste
- 0.5 cup mayonnaise
- 2 cups cheddar cheese shredded

### Equipment

### Directions

- Stir together the Cheddar cheese, pimentos, and garlic powder. Stir in the mayonnaise a little at a time, until the spread reaches your desired consistency. Refrigerate for 2 hours to let the flavor develop.

## Nutrition Facts

**PROTEIN 12.79%** **FAT 85.24%** **CARBS 1.97%**

### Properties

Glycemic Index:10.25, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:4.7552174120008%

### Nutrients (% of daily need)

Calories: 211.7kcal (10.59%), Fat: 20.08g (30.89%), Saturated Fat: 7.06g (44.14%), Carbohydrates: 1.04g (0.35%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.18g (0.2%), Cholesterol: 34.13mg (11.38%), Sodium: 273.88mg (11.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.78g (13.56%), Vitamin K: 23.5µg (22.38%), Calcium: 201.14mg (20.11%), Phosphorus: 133.88mg (13.39%), Selenium: 8.41µg (12.01%), Vitamin B2: 0.13mg (7.52%), Zinc: 1.07mg (7.13%), Vitamin A: 292.17IU (5.84%), Vitamin B12: 0.32µg (5.27%), Vitamin E: 0.67mg (4.49%), Magnesium: 8.06mg (2.01%), Folate: 6.81µg (1.7%), Vitamin B5: 0.14mg (1.44%), Vitamin B6: 0.03mg (1.34%), Vitamin D: 0.2µg (1.32%)