



Katie's Pimento Goat Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



210 kcal

SIDE DISH

Ingredients

- ☐ 1 rib radishes and celery s for serving
- ☐ 11 ounce log of goat cheese fresh softened
- ☐ 0.5 cup mayonnaise
- ☐ 1 teaspoon onion powder
- ☐ 1 tablespoon pickle relish from a jar sweet
- ☐ 0.3 cup pimientos jarred drained coarsely chopped
- ☐ 10 servings salt and pepper freshly ground
- ☐ 2 scallions thinly sliced

- ☐ 1 cup cheddar cheese smoked shredded packed
- ☐ 1 teaspoon tabasco

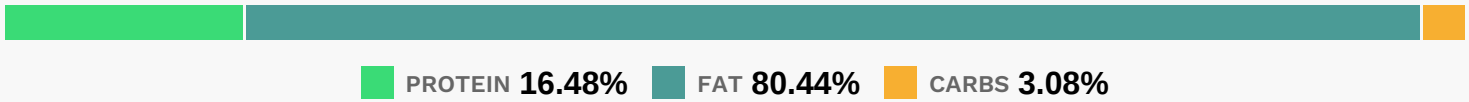
Equipment

- ☐ bowl
- ☐ wooden spoon

Directions

- ☐ In a medium bowl, using a wooden spoon, blend the goat cheese with the cheddar, mayonnaise, pimientos, scallions, pickle relish, onion powder and Tabasco and season with salt and pepper.
- ☐ Transfer the pimento cheese to a bowl and serve with radishes and celery ribs.

Nutrition Facts



Properties

Glycemic Index:18.6, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:6.1043478146843%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 209.94kcal (10.5%), Fat: 18.83g (28.97%), Saturated Fat: 8.03g (50.2%), Carbohydrates: 1.63g (0.54%), Net Carbohydrates: 1.34g (0.49%), Sugar: 1.1g (1.22%), Cholesterol: 30.35mg (10.12%), Sodium: 480.85mg (20.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.68g (17.36%), Vitamin K: 26.99µg (25.71%), Phosphorus: 137.69mg (13.77%), Calcium: 129.07mg (12.91%), Vitamin A: 630.89IU (12.62%), Copper: 0.24mg (12.16%), Vitamin B2: 0.18mg (10.54%), Vitamin C: 5.93mg (7.19%), Selenium: 4.4µg (6.28%), Vitamin B6: 0.11mg (5.3%), Zinc: 0.76mg (5.03%), Iron: 0.8mg (4.45%), Vitamin E: 0.58mg (3.88%), Vitamin B12: 0.19µg (3.21%), Vitamin B5: 0.29mg (2.92%), Folate: 10.15µg (2.54%), Manganese: 0.05mg (2.45%), Magnesium: 9.73mg (2.43%), Vitamin B1: 0.03mg (2.03%), Vitamin D: 0.21µg (1.43%), Potassium: 48.3mg (1.38%), Fiber: 0.28g (1.14%), Vitamin B3: 0.21mg (1.03%)