



Light Pimiento Cheese-Stuffed Celery

 Gluten Free

READY IN



15 min.

SERVINGS



48

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 6 rib celery cut into 4-inch pieces
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1.3 cups mayonnaise light
- ☐ 1 teaspoon onion finely grated
- ☐ 48 servings garnish: paprika
- ☐ 4 ounce pimientos diced drained
- ☐ 16 ounce blocks sharp cheddar cheese shredded 2% reduced-fat finely
- ☐ 1 teaspoon worcestershire sauce

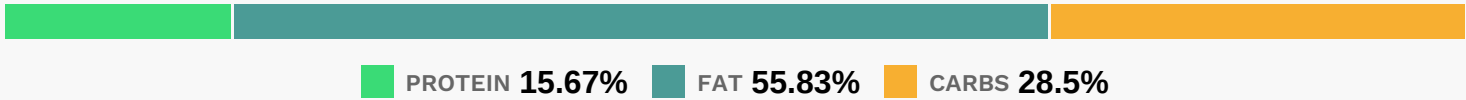
Equipment

☐ bowl

Directions

- ☐ Stir together light mayonnaise and next 4 ingredients in a medium bowl. Stir in cheese.
- ☐ Spread 1 tablespoon cheese mixture into each celery rib.
- ☐ Garnish, if desired.
- ☐ Note: Store remaining pimiento cheese mixture in an airtight container in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:4.06, Glycemic Load:1.04, Inflammation Score:-9, Nutrition Score:10.7895651978%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 72.63kcal (3.63%), Fat: 4.74g (7.3%), Saturated Fat: 2.06g (12.88%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 3.82g (1.39%), Sugar: 3.46g (3.85%), Cholesterol: 10.38mg (3.46%), Sodium: 115.15mg (5.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3g (5.99%), Vitamin C: 97.85mg (118.6%), Vitamin A: 2499.08IU (49.98%), Vitamin B6: 0.23mg (11.5%), Vitamin E: 1.4mg (9.33%), Folate: 36.73µg (9.18%), Calcium: 72.75mg (7.27%), Vitamin K: 7.3µg (6.95%), Fiber: 1.62g (6.5%), Phosphorus: 64.17mg (6.42%), Vitamin B2: 0.11mg (6.3%), Potassium: 172.43mg (4.93%), Manganese: 0.09mg (4.37%), Selenium: 2.91µg (4.15%), Vitamin B3: 0.75mg (3.77%), Zinc: 0.54mg (3.62%), Magnesium: 11.82mg (2.96%), Vitamin B1: 0.04mg (2.94%), Vitamin B5: 0.28mg (2.79%), Iron: 0.4mg (2.22%), Vitamin B12: 0.1µg (1.67%)