



Louis Osteen's Pimiento Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1195 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 oz cream cheese softened
- 1 teaspoon ground pepper red
- 0.8 cup mayonnaise
- 4 servings pepper freshly ground
- 7 oz pimientos whole peeled drained cut into fourths
- 1.5 lb sharp cheddar cheese freshly grated
- 1 tablespoon onion yellow grated

Equipment

stand mixer

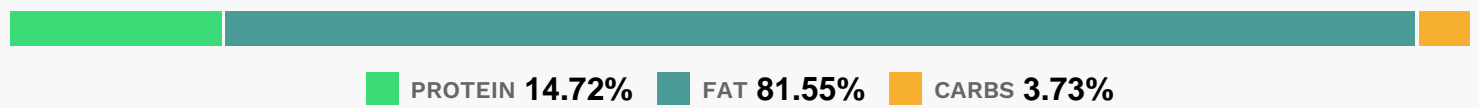
Directions

Beat Cheddar cheese, cream cheese, mayonnaise, yellow onion, and ground red pepper with a heavy-duty electric stand mixer at medium speed 1 to 2 minutes or until blended but not smooth.

Add pimiento; beat 1 to 2 minutes or until pimiento is shredded and mixture is blended and somewhat smooth.

Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:3.08, Inflammation Score:-10, Nutrition Score:32.198260410972%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 1194.78kcal (59.74%), Fat: 109.03g (167.74%), Saturated Fat: 49.07g (306.7%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 9.85g (3.58%), Sugar: 4.74g (5.26%), Cholesterol: 245mg (81.67%), Sodium: 1565.87mg (68.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.29g (88.58%), Calcium: 1266.18mg (126.62%), Phosphorus: 861.3mg (86.13%), Vitamin A: 4018.98IU (80.38%), Selenium: 54.14µg (77.34%), Vitamin K: 79.37µg (75.59%), Vitamin C: 52.16mg (63.23%), Vitamin B2: 0.93mg (54.72%), Zinc: 6.72mg (44.81%), Vitamin B12: 1.98µg (32.97%), Vitamin E: 3.71mg (24.72%), Vitamin B6: 0.3mg (14.92%), Magnesium: 56.1mg (14.03%), Folate: 47.42µg (11.85%), Vitamin B5: 1.11mg (11.07%), Potassium: 325.02mg (9.29%), Iron: 1.5mg (8.33%), Vitamin D: 1.1µg (7.36%), Copper: 0.11mg (5.41%), Fiber: 1.34g (5.38%), Vitamin B1: 0.08mg (5.33%), Manganese: 0.1mg (4.89%), Vitamin B3: 0.56mg (2.81%)