



Mama's Quik and Simple Pimento Cheese Spread

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



10

CALORIES



599 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1.5 pounds processed cheese food shredded
- 2 cups mayonnaise
- 4 ounce pimientos diced
- 0.5 cup sugar white

Equipment

- bowl

Directions

Stir shredded cheese, mayonnaise, pimentos, and sugar together in a bowl.

Nutrition Facts

PROTEIN 8.58% **FAT 82.5%** **CARBS 8.92%**

Properties

Glycemic Index:19.21, Glycemic Load:7.99, Inflammation Score:-6, Nutrition Score:14.356956712578%

Nutrients (% of daily need)

Calories: 598.74kcal (29.94%), Fat: 55.21g (84.94%), Saturated Fat: 17.53g (109.59%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 13.18g (4.79%), Sugar: 12.15g (13.5%), Cholesterol: 86.85mg (28.95%), Sodium: 1423.44mg (61.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.92g (25.84%), Vitamin K: 75.95µg (72.33%), Calcium: 715.48mg (71.55%), Phosphorus: 447.92mg (44.79%), Selenium: 14.86µg (21.22%), Vitamin A: 973.16IU (19.46%), Vitamin B12: 1.07µg (17.91%), Vitamin C: 11.79mg (14.3%), Vitamin E: 2.11mg (14.06%), Zinc: 1.79mg (11.92%), Vitamin B2: 0.18mg (10.46%), Magnesium: 18.93mg (4.73%), Iron: 0.76mg (4.23%), Vitamin B5: 0.35mg (3.52%), Vitamin B6: 0.07mg (3.51%), Potassium: 120.86mg (3.45%), Vitamin D: 0.5µg (3.32%), Copper: 0.05mg (2.37%), Folate: 8.48µg (2.12%), Manganese: 0.04mg (2.09%), Vitamin B1: 0.02mg (1.14%), Fiber: 0.26g (1.04%)