



## Mary Ann's Pimiento Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



650 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 0.8 teaspoon apple cider vinegar
- 0.8 teaspoon celery seeds
- 1 tablespoon mustard dry
- 0.3 cup green onions sliced
- 5 servings garnish: green onions sliced
- 1.5 teaspoons hot sauce
- 0.5 cup mayonnaise
- 0.3 teaspoon pepper

- 12 oz pimientos diced drained
- 0.3 teaspoon salt
- 1.3 lb cheddar cheese white freshly grated
- 1.5 tablespoons worcestershire sauce

## Equipment

## Directions

- Stir together mayonnaise, diced pimiento, 1/4 cup sliced green onions, dry mustard, Worcestershire sauce, hot sauce, celery seeds, vinegar, salt, and pepper. Stir in Cheddar cheese until well blended. Cover and chill 8 to 24 hours.
- Garnish, if desired.

## Nutrition Facts

**PROTEIN 17.18%** **FAT 77.01%** **CARBS 5.81%**

## Properties

Glycemic Index:51.6, Glycemic Load:2.2, Inflammation Score:-9, Nutrition Score:26.338695536489%

## Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 2.29mg, Luteolin: 2.29mg, Luteolin: 2.29mg, Luteolin: 2.29mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

## Nutrients (% of daily need)

Calories: 650.31kcal (32.52%), Fat: 56.17g (86.42%), Saturated Fat: 24.47g (152.94%), Carbohydrates: 9.54g (3.18%), Net Carbohydrates: 7.45g (2.71%), Sugar: 3.64g (4.05%), Cholesterol: 122.81mg (40.94%), Sodium: 1112.2mg (48.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.19g (56.38%), Vitamin C: 74.54mg (90.35%), Calcium: 831.34mg (83.13%), Vitamin K: 69.26µg (65.96%), Vitamin A: 3074.02IU (61.48%), Phosphorus: 559.07mg (55.91%), Selenium: 35.79µg (51.13%), Vitamin B2: 0.58mg (33.83%), Zinc: 4.51mg (30.09%), Vitamin B12: 1.23µg (20.48%), Vitamin E: 2.3mg (15.32%), Vitamin B6: 0.28mg (13.8%), Iron: 2.34mg (13.03%), Magnesium: 45.24mg (11.31%), Folate: 39.53µg (9.88%), Potassium: 312.43mg (8.93%), Fiber: 2.09g (8.34%), Manganese: 0.17mg (8.28%), Copper: 0.12mg (5.84%), Vitamin B5: 0.54mg (5.36%), Vitamin D: 0.73µg (4.83%), Vitamin B1: 0.07mg (4.79%), Vitamin B3: 0.74mg (3.72%)